

Carolina country

Pastimes

INSIDE:

Henry Ford's cars

Remember when?

Sorry sports moments

READING RM NC COLLECTION
WILSON LIBRARY CB 3930
CHAPEL HILL NC 27599-0001

#BXMG2PW *****AUTO**3-DIGIT 275
#0440922935400005#
6 38

Your Touchstone Energy® Cooperative





Helping Build A Better Carolina One Custom Home At A Time



America's Home Place is an integral provider of the American Dream for many families nationwide. Our founder believes that with hard work and dedication, the simple dream of building a quality built home at a better price can become a reality. That dream is one that we strive to continue to fulfill each day.

Call or visit one of our North Carolina Design Centers for a FREE custom home building consultation.

800-NewHouse 🏠 **AmericasHomePlace.com**



16

FEATURES

8

Jacob's Log

Jacob Brooks from Alleghany County is the national spokesman for the electric cooperatives' Youth Leadership Council. He will be writing a monthly log for Carolina Country.

12

Citizen Lobbyists

Congressman Larry Kissell says they set a model example of how government works.

14

I Remember

We introduce a new series inviting you to send us your favorite memories.

16

Henry Ford's Cars

He keeps his stock of vintage automobiles rolling in Raeford.

18

Three Strikes and You're Out

Sorry moments in your sports careers.

26

Flying in a Wind Tunnel Is No Breeze

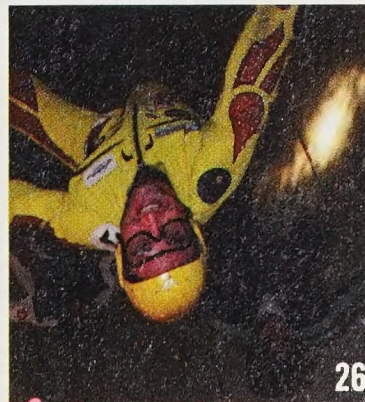
But it can be a blast.

ON THE COVER

Henry Ford looks after some 23 vintage automobiles in Raeford. Learn more on pages 16–17. (Photo by McKenzie Photography, Southern Pines)



14



26



37

FAVORITES

4

First Person

Sen. Richard Burr weighs in on climate change legislation. Also, your letters and photos.

11

More Power to You

On nuclear energy's costs and its spent fuel.

28

Carolina Country Store

Family Bible records, mutt huts, blown glass.

30

You're From Carolina Country

If you're "give slam out" after work.

32

Marketplace

33

Joyner's Corner

35

Carolina Gardens

Cover crops.

37

Carolina Compass

Adventures in Orange County.

40

Energy Cents

LEED-certified homes.

41

Classified Ads


42


Carolina Kitchen

Milky Way Ice Cream, Grilled Bacon-Onion Appetizers, Grilled Potato Skins, Teriyaki Beef Kabobs.

Carolina country

Read monthly in more than 650,000 homes

 Published by North Carolina Association
of Electric Cooperatives, Inc.

Your Touchstone Energy® Cooperative 

3400 Sumner Blvd.
Raleigh, NC 27616
www.carolinacountry.com

Editor

Michael E.C. Gery, (919) 875-3062

Senior Associate Editor

Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor

Karen Olson House, (919) 875-3036

Creative Director

Tara Verna, (919) 875-3134

Senior Graphic Designer

Warren Kessler, (919) 875-3090

Graphic Designer

Linda Van de Zande, (919) 875-3110

Publication Business Specialist

Jenny Lloyd, (919) 875-3091

Advertising

Jennifer Boedart Hoey, (919) 875-3077

Lisa A. Tyrrell, (919) 761-1009

Executive Vice President & CEO

Rick Thomas

Senior Vice President, Corporate Relations

Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.


Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.

Member, Audit Bureau of Circulations

Advertising published in Carolina Country is accepted on the premise that the merchandise and services offered are accurately described and willingly sold to customers at the advertised price. The magazine, North Carolina Association of Electric Cooperatives, Inc., and the member cooperatives do not necessarily endorse the products or services advertised. Advertising that does not conform to these standards or that is deceptive or misleading is never knowingly accepted. Should you encounter advertising that does not comply with these standards, please inform Carolina Country at P.O. Box 27306, Raleigh, NC 27611. (919) 875-3062.

 Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 8.4 million households.

Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc. (ISSN 0008-6746) (USPS 832800)


POSTMASTER: Send form 3579 to P.O. Box 27306, Raleigh, N.C. 27611.

Subscriptions: Individual subscriptions, \$10 per year. \$20 outside U.S.A. Schools, libraries, \$6.

HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

All content © Carolina Country unless otherwise indicated.

 PRINTED WITH
SOY INK Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

"Cap and trade" will cut jobs, not emissions

By Senator Richard Burr



The swift passage in June of the Waxman-Markey "cap and trade" bill by the House of Representatives left North Carolinians asking what it will mean for both our environment and for our economy. Many promises have been made that this legislation will lead to an influx of green jobs while curbing greenhouse gas emissions. A closer look reveals this bill fails our economy and our environment.


Under Waxman-Markey, the average American household will face higher energy costs. The Congressional Budget Office estimates that "cap and trade" will cost \$175 per household in 2020; however, CBO admits that this calculation does not take into account the loss in gross domestic product (GDP) that will result from enacting this new scheme. According to the Heritage Foundation, GDP loss from "cap and trade" would be \$161 billion in 2020, which means a loss of \$1,870 per household per year with the average monthly energy bill for a North Carolina family doubling.

The higher cost of energy would prompt manufacturers to move their operations overseas to India or China, where greenhouse gas emissions are not regulated and the cost of energy is much lower. According to an analysis by the Heritage Foundation, approximately 50,000 jobs in North Carolina alone will be lost in 2012 if Congress enacts the Waxman-Markey bill.

Farmers also stand to lose under Waxman-Markey. American Farm

Bureau economists predict the bill will cost U.S. farmers approximately \$5 billion in farm income each year by 2020. By 2030, the number increases to \$13 billion annually. Even with the agriculture offset program proposed by Waxman-Markey, this will cost farmers billions.

India and China have made it clear that they will not reduce emissions. G-8 leaders recently failed to secure an agreement from developing nations on this very issue. Even Obama Administration officials agree that U.S. action alone will not improve the environment. If India and China do nothing to reduce emissions, we will find ourselves in the same ecological boat, except all of our jobs will be in India and China.


So what exactly is Waxman-Markey good for? I believe the answer lies in old fashioned pork barrel politics, except now it has a green label on it. The American people deserve to know what Waxman-Markey really means for our economy, our environment, and our way of life. 

Sen. Richard Burr, Republican from Winston-Salem, is a member of the Senate's Energy and Natural Resources Committee, which is considering its own climate change and energy legislation in response to the Waxman-Markey bill which the House sent to the Senate this summer. He can be reached at 217 Russell Senate Office Building, Washington, DC, 20510. (202) 224-3154. Web site: <http://burr.senate.gov/public>

Let's Find a Balanced Solution

As Carolina Country went to press, the U.S. Senate was considering a climate change and energy policy bill that would affect electric cooperative consumers and businesses. To learn more, and to express your opinion, visit the Web site:

www.FindABalancedSolution.com

Find A
Balanced Solution 

Where is "You're From . . ."?

I have missed the great section "You Know You're From Carolina Country" about the things people remember about growing up in North Carolina. It always brought a smile and triggered other personal memories of special times long ago. I hope it has not been discontinued.

Dr. Judy William, Peletier

Editor's Note: It's running this month on page 30. The number of submissions has been declining. However, we are introducing a new section that may inspire more memories. See page 14.

Keep an open mind

With reference to Brad Berthold's climate change rebuttal ["First Person," August 2009] to Vince Struble's "runaway train" letter in the July issue—with the former supporting man-made carbon dioxide emissions contributing to climate change and the latter opposing this conclusion—with each professing that "scientists" support their views, and with Piedmont Electric's CEO, R. G. Brecheisen, stating that "any action taken to address this issue will certainly increase the cost of electricity we use every day," I think that any action to limit so-called greenhouse emissions—and increase energy costs—has to be put on hold until some consensus is reached.

My "bottom line" is: the mind, like a parachute, only works when it is open. Many more discussions are needed.

With the climate change debate moving to the Senate, it is my firm belief that new or alternate energy sources must be found, but this effort should not be short-circuited by the highly controversial climate warming/greenhouse gas, "carbon tax" proposals. Yes, we do need some competent engineers on what could still be a "runaway train."

Roy W. Roth, Chapel Hill, Piedmont EMC



Making it beautiful

This photo was taken the morning of September 8, 2007, in Fairview, N.C., prior to my friend's wedding. My daughter, Haleigha Shingleton was 2 and in the wedding. The wedding was held outside with a mountain view in the back, surrounded by a pond. You would have never known that the couple paid and did everything themselves on a tight budget. The scenery was breathtaking, and my daughter had a blast. To make something beautiful doesn't always require a lot of money.

Abbey Shingleton, Havelock, Carteret-Craven Electric

Out back

This is my wife's granddaddy's outhouse that was built in the 1930s. The white icebox in the photo was also built in the 1930s. We now use the outhouse as a garden shed. It is also a place to sit and rest, enjoy a nice breeze in the evening and chat with family and friends.

Johnny Russ, Center Road community, Bladen County, Four County EMC



In the garden

This is my grandbaby Natalie Nicole Robinson. She was helping in the garden picking broccoli, one of her favorite vegetables.

Becky Chaney, Hobgood, Edgecombe Martin County EMC

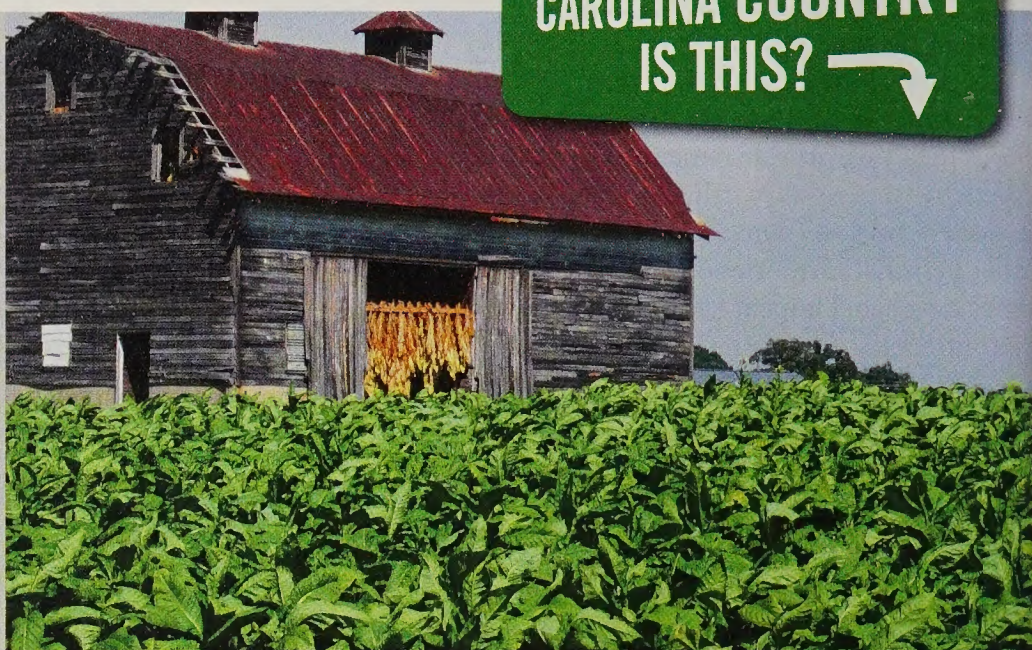
WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Sept. 8 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our October issue, will receive \$25.



August winner

The August picture was not intended to be a trick photo, but many of you told us it showed a view of Pilot Mountain or Table Rock or Kings Mountain or North Cove or Whiteside Mountain. In fact, it was a view approaching Hanging Rock State Park from Piedmont Springs Road in Stokes County. The \$25 winner chosen at random from all the correct ones was Kim McKinney of Lawsonville, a member of EnergyUnited..

Thinking differently

The challenge of debating global warming is difficult. To hear both sides of the issue and clearly consider both, without bias, is the only way to decide for oneself if the global warming issue is indeed worthy of our time and money. To believe what the government claims without considering the independent research is ignorance.

To the letter writer who said that an opinion that does not agree with your own "does not belong in a power cooperative's magazine" ["First Person," August 2009] takes away our freedom to think differently. God bless America and give us wisdom in the days ahead.

Robin Tyner, Winston-Salem

Science lesson

I somehow don't think of myself as a "global warming denier," but I am among those who loathe the convolution of our culture and the commitment of badly needed resources to poorly developed solutions to a problem of uncertain significance. We have fairly good evidence that the climate on earth is changing, but there has never

been a time when it was not. That the CO₂ in the atmosphere has increased 50 percent in the last century is well supported, but that this is an anthropomorphic effect may or may not be true. The human contribution is only about 6 percent of the total CO₂ exchange between the air and the ocean, and this exchange is poorly understood. There are models, generally accepted, predicting that increases in CO₂ will ultimately result in increased temperatures, but correlation through geologic time does not support this.

The list of scientists that endorse extreme measures is impressive. There are two things about scientists that the public needs to know: (1) The scientists who are making the most significant contributions today are extremely specialized; (2) The scientific community has a large component of activists who feel that since, for instance, they so well understand the significance of a particular protein in the gut of an obscure mollusk, they are qualified to speak on international economics. A key report responding to a request by the UN's Intergovernmental Panel on Climate Control was prepared by

Sigma Xi, an international organization of Research Scientists. The fact that the report got the official endorsement of the organization does not imply unanimity among its members. Of this I am certain, because I am a member.

That the loose development of technology has created some messes is obvious, and that some of the measures in place to correct them are worthy of support is correct. That global warming grants license to every ill-conceived expensive proposal is insane. Our environment is so extremely important that it is a horrible sin to pour large fractions of our economy into its protection and to do it badly.

Marvin E. Whatley (retired research scientist, Oak Ridge National Laboratory), Oriental

Contact us

Web site: www.carolinacountry.com
E-mail: editor@carolinacountry.com
Phone: (919) 875-3062
Fax: (919) 878-3970
Mail: 3400 Sumner Blvd.
Raleigh, NC 27616

WE WERE BUILDING ENERGY-EFFICIENT, LIFETIME WATER HEATERS BACK WHEN 'GREEN' WAS JUST THE COLOR OF GRASS.



Marathon is the storage heater of choice for biomass boilers, heat pumps and solar hot water as well as providing years of inexpensive and trouble-free hot water for your family.



Marathon
WATER HEATERS

**Get a Marathon
and invest in the future.**

Marathon LIFETIME water heaters are available from the following North Carolina Electric Cooperatives:

Cape Hatteras
Electric Co-op
Buxton, NC
[www.chec.coop/
waterheaters.html](http://www.chec.coop/waterheaters.html)
(800)454-5616

Edgecombe-Martin
County EMC
Tarboro, NC
[www.ememc.com/
waterheaters.aspx](http://www.ememc.com/waterheaters.aspx)
(800)445-6486

Lumbee River
Electric Co-op
Red Springs, NC
www.lumbeeriver.com
(800)683-5571

Tideland EMC
Pantego, NC
www.tidelandemc.com
(800)637-1079

Or call your local cooperative and tell them you would like to know more about Marathon LIFETIME water heaters. Be sure to ask about any member discounts, or rebates that may be available.

Not available in your area? No problem. Just contact any of the EMC's above and they will be happy to have a super-efficient Marathon water heater drop shipped to your door for a nominal freight charge.

Marathon is proud to keep America working by producing all our tanks at our plant in Eagan, Minnesota.

For more information, visit
www.marathonheaters.com

**See us at the Sunbelt Expo,
Moultrie, Georgia
October 20 - 22**

JACOB'S LOG:

Where I'm Coming From

By Jacob Brooks

My southern accent has given me trouble in the past, leaving people speechless for all the wrong reasons. Once I was at Appalachian State giving a speech, and when I began everyone got real quiet. I noticed them smiling, and I thought, "Oh my gosh! These people are actually buying this stuff!" Little did I know that they didn't care at all about what I was saying, it was how I was saying it.

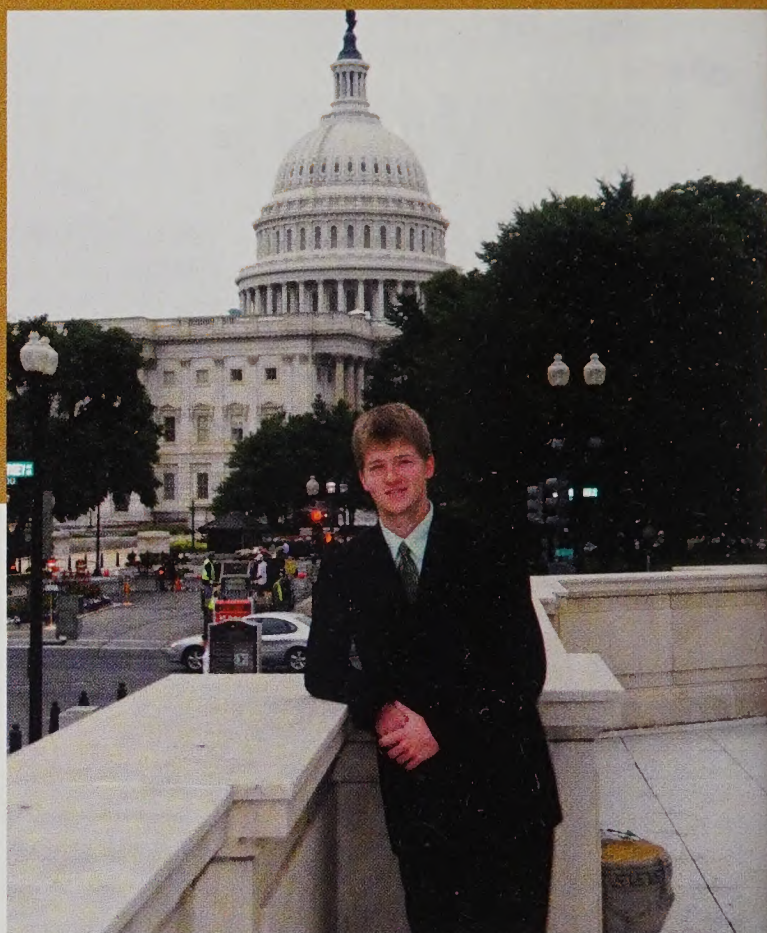
Later, a group came up to me and a girl said, "We just wanted to tell you that we loved your speech." My ego shot through the roof. I'm standing there and I've lost all train of thought. The little guy on my shoulder was screaming in my ear, "Don't mess this up! Just keep talking, try and look cool. Just breathe." So I asked her, "What was your favorite part of the speech?" She looked at me and said, "I just thought the way you talked was funny."

My accent and I come from the mountains of northwest North Carolina, a small town called Sparta in Alleghany County. I am talking "small." You can cruise Sparta in just five minutes. Go through all three stop lights and you're done.

Back in the 1930s, people in this area formed a cooperative called Blue Ridge Electric, not only to provide affordable electricity to its members, but also to improve their way of life. Today, Blue Ridge Electric serves over 70,000 member accounts. When I say "serve," most think I mean electricity, but that's not all I mean.

You know that one person you run across sometimes who is unbelievably friendly, and you're not sure why? It's that person who becomes a true friend, who always wants to help out no matter what? That's what Blue Ridge Electric is to my community.

Blue Ridge Electric gives out thousands of dollars in scholarships every year to graduating seniors. They send kids on trips like this one to Washington. They host leadership conferences. Their devotion to the community is remarkable. Blue Ridge Electric has two volunteer member committees, the Community Leadership Council and the Member Advisory Committee. Both of these groups meet with the Blue Ridge board and allow for discussion between the community and the board. Because of these groups, Blue Ridge can hear what the community has to say. Blue Ridge employees and board members do tons of volunteer work with civic associations, schools and other local organizations. If lights go out on the baseball field, Blue Ridge Electric shows up to light up the place.



Jacob Brooks in July was elected to be national spokesman for the Youth Leadership Council. Among other responsibilities, he will speak at the national convention of electric cooperatives in February. Between now and then, he will file "Jacob's Log" each month to Carolina Country. This first entry is from the speech Jacob delivered to the 2009 Youth Tour to Washington, D.C., sponsored by North Carolina's electric cooperatives June 13–19. A total of 34 rising high school seniors representing 18 co-ops made the trip to learn about cooperatives and the nation's capital, and to meet with legislators. The group elected him as its representative to the national YLC, which later elected Jacob as its national spokesman.

Jay Leno used to say on TV, "Oh, the economy is so bad!" And the audience would say, "Well, how bad is it, Jay?" Then he would follow up with some joke. Well, the economy is so bad that those jokes actually aren't funny anymore. Businesses are shutting down, people are losing their jobs, and no one knows what's going on with this bailout stuff.

In Alleghany County, we're losing jobs every day. I read in our paper a while back that our unemployment rate was almost 15 percent. Blue Ridge Electric is one of the strongest employers in my community, but it also attracts and retains other businesses. Through competitive electric rates, incentives and a welcoming attitude, Blue Ridge Electric has attracted businesses and helped keep the ones we have. You could say that Blue Ridge Electric provides food, shelter, water, clothing and homes to families in my county.

Here is something I read recently: "This nation, under God, shall have a new birth of freedom—that government of the people, by the people, for the people, shall not perish from the earth." It's from "The Gettysburg Address." Abraham Lincoln could have been stating our basic principles for a co-op: a business of the people, by the people, and for the people. ☺

"TV Ears saved our marriage!"

—Darlene and Jack B., CA

Doctor Recommended TV Ears has helped thousands of people with hearing loss hear the television clearly without turning up the volume! With wireless technology, you set your own TV Ears volume and tone while others listen to the television volume at their own level. Imagine watching television with your family again and hearing every word clearly...as thousands of our customers have said, "TV Ears has changed our lives!"

TV Ears Patented Technology includes a revolutionary noise reduction ear tip, not used in any other commercially available headset. The TV Ears patented Comply™ foam tip creates an acoustically sealed chamber with the ear that reduces outside noise and increases word discrimination so that television dialog is clear and understandable. Get the technology that has proven to help the most demanding customers. That's why TV Ears has earned the trust and confidence of audiologists nationwide as well as world renowned doctors.

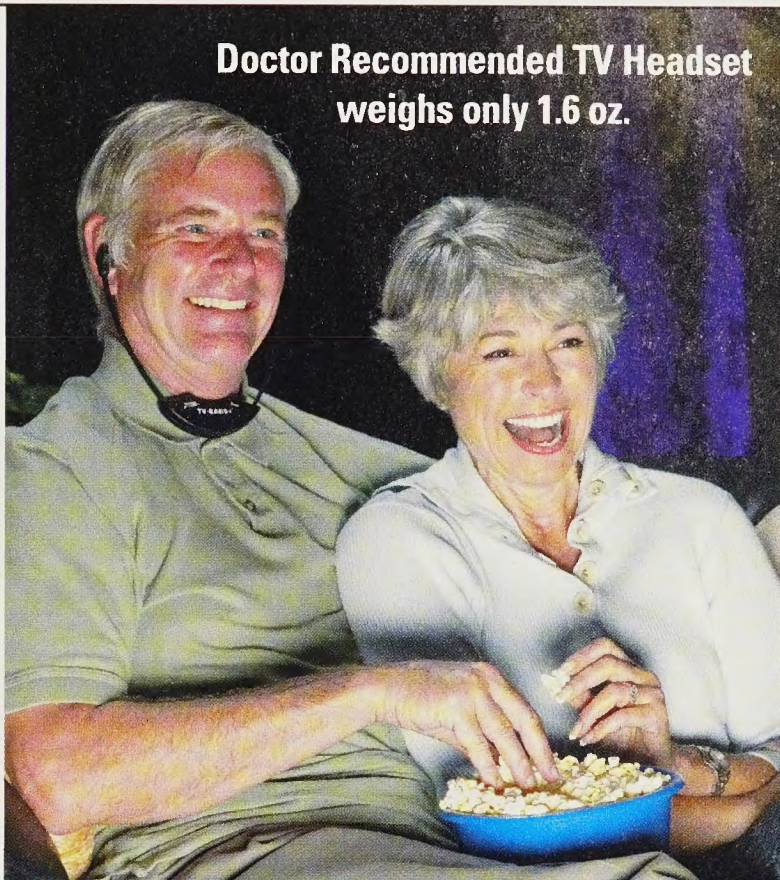
From George Dennis, president and founder of TV Ears, Inc. "Driven by my personal understanding of the impact that hearing loss has on a family, I set out to create a product to relieve one of the most frustrating aspects of hearing loss...watching television. Put on TV Ears and enjoy television once again!"

#1 Dr. Recommended TV Headset. "My wife and I have used TV Ears almost daily for the past two years and find them an invaluable help in our enjoyment of television—we would not be without them. As a retired otologist, I heartily recommend TV Ears to people with normal hearing as well as those with hearing loss."
—Robert Forbes, M.D., California

Doctor Recommended...Consumer Tested!

- ▶ **Works better than hearing aids!**
- ▶ **Comfortable lightweight design**
- ▶ **Over 500,000 satisfied customers!**
- ▶ **Rechargeable battery**
- ▶ **The most powerful headset (120 decibels)**

Doctor Recommended TV Headset weighs only 1.6 oz.



Hear television dialog clearly without disturbing others with loud TV volume!



Rechargeable headset is lightweight and eliminates high cost of replacement batteries

Adjust Headset Volume and Tone

"Now my husband can have the volume as loud as he needs...and I can have the TV at my hearing level. "TV Ears" are so comfortable that Jack forgets he has them on! He can once again hear and understand the dialog."

— Darlene & Jack B., CA

Risk Free Trial. TV Ears comes with a 30-day risk free trial. If you're not completely satisfied, return it for a full refund of the purchase price.

TV Ears \$99.95

Call now and get FREE shipping!†

For fastest service, call toll-free 24 hours a day

1-866-611-9935

Or visit

www.tvearsproducts.com

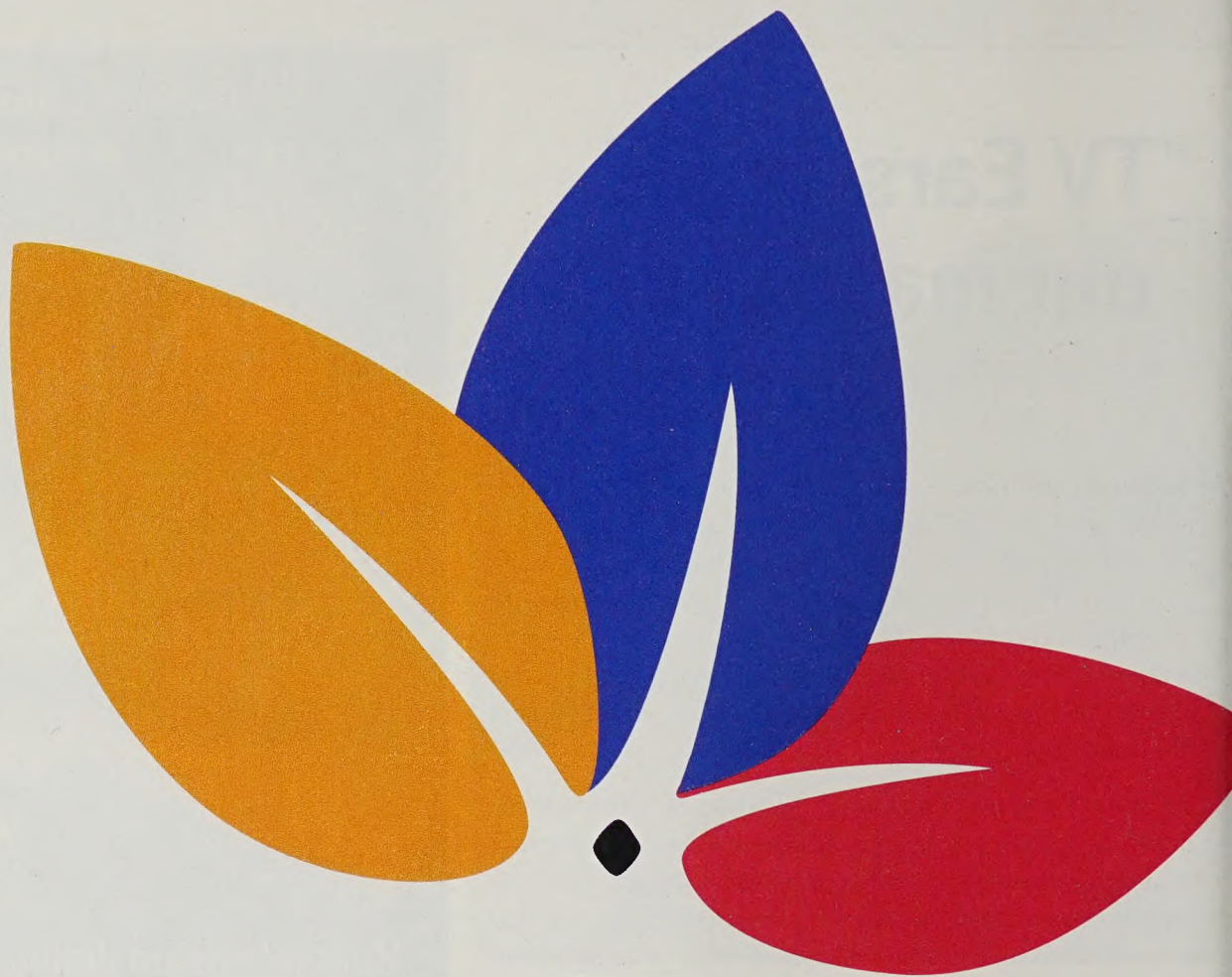
Please mention Promotional Code 33434
30-day risk free trial

To order by mail please send a check to:
TV Ears Direct • 2810 Via Orange Way #A
Spring Valley, CA 91978



TV • EARS®
Dr. Recommended TV Listening Devices

TV•EARS is a trademark of TV Ears, Inc. © 2009 TV Ears, Inc. All rights reserved.
† Free shipping within the contiguous 48 states only.




Ask Congress to vote for energy solutions we can afford.


Congress is getting ready to vote on energy legislation that will increase energy costs for families and businesses. Many Americans will be unable to afford their electric bills. Please tell Congress to vote for solutions that balance the needs of the environment with the financial concerns of the American people.

TELL CONGRESS YOUR STORY.

**Let them know that we need energy legislation
that protects our wallets and our world.**

North Carolina's
Electric Cooperatives

Your Touchstone Energy® Cooperatives 

Find A
Balanced Solution 

877-40-BALANCE

FindABalancedSolution.com

Try This!

Q: I need a new clothes washer. What should I look for?

A: Consumers are faced with top-loading, front-loading, high-efficiency (HE), water saver, steaming, and wrinkle remover models to name only a few. As the number of options increases, so does the price.

First look for an energy-efficient washing machine, identified most easily by the Energy Star label. They do cost slightly more, running from \$400–\$1,500, depending upon what features you want. An energy-efficient washing machine can save you around \$50 a year, or \$540–\$600 over the life of the appliance. Efficient washing machines also will save more than 5,000 gallons of water a year.

Energy and water efficiencies of clothes washers are measured according to their Modified Energy Factor (MEF) and Water Factor (WF). These criteria generally limit Energy Star qualification to front-loading and advanced top-loading models.

Front-loading washers use a horizontal or tumble-axis basket to lift and drop clothing into the water, instead of rubbing clothes around a central agitator in a full tub. These units use less energy than conventional clothes washers by reducing the amount of hot water. Front-loading models also squeeze more water out of clothes by using spin speeds that are two to three times faster than conventional washers, thereby reducing both drying time and energy use.

Energy Star-qualified top-loading models typically use spray valves to rinse clothes, rather than a new tub of water. The spray rinse cycle consists of repeated high-pressure rinses to remove soap residues. This method not only reduces the energy required for water heating, but typically saves an average of 15 gallons of water per wash. These top-loaders also have sensors to monitor incoming water temperature, which is then adjusted to maintain an optimal temperature. This temperature keeps the water hot enough to dissolve the detergent and provide high-performance cleaning, but cool enough to save energy and minimize hot water damage to fabrics.

Source: Brian Sloboda, a program manager specializing in energy efficiency for the Cooperative Research Network.



Can you help others save energy?

Send your conservation ideas or questions to us:
P.O. Box 27306, Raleigh, NC 27611, or
E-mail: editor@carolinacountry.com

Nuclear energy's costs and spent fuel

In the article on nuclear power ["A Comeback for Nuclear Power," August 2009], there was no discussion about what to do with the nuclear waste or the actual cost to build nuclear power plants. I have heard it may be approaching \$1 billion dollars. Do not forget the cost of dealing with nuclear waste (if there is a safe way). I wonder how much solar or wind power we could build for a billion dollars.

Ron Barrett, Morganton, Rutherford EMC

A response from the Power Supply Division of North Carolina Electric Membership Corporation

Since the first nuclear power plant was commissioned, the electric industry and the generation supply options have changed. One of the most important considerations in today's electric industry is addressing climate change impacts. Climate change legislation currently being debated in Congress would require dramatic changes in the way energy is produced and consumed in our economy. Mitigating carbon emissions as listed in current legislation and keeping electric rates affordable will require a portfolio of solutions which include hybrid electric vehicles, energy efficient homes and businesses, smart grid technology, expansion of renewable energy resources, nuclear power and advancement of new technologies to capture and store carbon emissions. Unfortunately there is no "magic bullet" for combating climate change.

Nuclear power currently provides about half of the energy needs of North Carolina's electric cooperatives—carbon free. We firmly believe that nuclear power is a vital component of any strategy to reduce carbon emissions safely, reliably and at the lowest possible cost.

The costs of all forms of energy supply have been rising in recent years, and nuclear plants are no exception. Recent estimates put the price tag for a typical 800-megawatt nuclear plant in the ballpark of \$5 billion. While that is a lot of money in anyone's estimation, it helps to put it in context. An 800-megawatt nuclear plant produces enough energy to serve the annual energy needs of about 6.5 million homes. An equivalent-sized photovoltaic solar facility would cost in the neighborhood of \$10 billion, would serve the energy needs of 1.4 million homes (when the sun is shining) and would require about 8,000 acres to construct. Solar and nuclear both are components of a portfolio of options that need to be deployed to meet the challenge of climate change.

Most spent nuclear fuel is currently being safely and securely stored at the nation's nuclear plants in steel-lined concrete pools or massive airtight concrete and steel canisters. In 2002, Congress approved a site at Yucca Mountain, Nevada, for long-term, deep underground storage of spent fuel. An application for approval of the site for operation is under review by the Nuclear Regulatory Commission. The industry is also working with the government to explore other alternatives such as re-processing spent fuel so that it may be re-used. More information on the safety of nuclear fuel storage can be found at the Web site of the Nuclear Energy Institute at www.nei.org.



N.C. 8th District Congressman Larry Kissell, from Montgomery County, this spring discussed energy-related legislation with co-op members from Lumbee River EMC, Randolph EMC and Pee Dee EMC. He said later, "They set a model example of what open public discourse between citizens and elected officials can accomplish."

Citizen lobbyists play a key role in energy policy

On a hot June day in Washington, D.C., a group of up-and-coming North Carolina high school seniors attending the annual Rural Electric Youth Tour head toward Capitol Hill, moments away from meeting with U.S. Senator Richard Burr. At a crosswalk, a dark-suited passerby stops, recognizes the co-op T-shirts, and introduces himself with a smile: Montee Wynn, a lobbyist, senior principal and counsel for government relations with Arlington, Va.-based National Rural Electric Cooperative Association (NRECA).

This is Montee Wynn in his element, pounding the pavement on Capitol Hill, meeting with policymakers on their turf to explain the consumer side of energy issues.

"Government doesn't quite work the way history books tell us," explains Dena Stoner, NRECA vice president of government relations. "Lobbyists and special interest groups are constantly vying for policymakers' attention, all pushing their way as the right way. Many times politics involves dealing with many points of view from totally committed people and reconciling them. It can be very brutal."

Efforts by electric co-op leaders like Stoner and Wynn keep national energy policy debates focused on consumer concerns. These efforts work with

support from the tens of thousands of grassroots voices being heard on Capitol Hill as personal letters and e-mails sent by consumers reach lawmakers. Since electric co-ops operate in a heavily regulated industry where public policy carries far-reaching impacts, consumer involvement is particularly important.

"When we visit Congress and Raleigh, the people who make laws and policy know who we are," says Jimmy L. Smith, who has lobbied in both places for many years with Four County EMC, Burgaw. "They know we work hard to represent the consumers and businesses they serve."

For electric co-op members, the stakes these days are very high. Major energy-related legislation has been under discussion in Congress, and the Senate is expected to consider several bills soon. "There's no question that the plans currently being negotiated by policymakers could double and triple electricity rates and energy costs, easily, over the next decade or so," says NRECA's Stoner. "Consumers have been speaking up about that, supporting our own efforts as lobbyists. The role of these concerned consumers—these 'citizen lobbyists'—is key in shaping policy in the electric industry, where the role of government is very, very high."

Co-ops and government are kin

The existence of electric cooperatives serves as a prime example. Launched in 1935 with President Franklin D. Roosevelt's creation of the Rural Electrification Administration (REA), REA helped establish 417 electric cooperatives that were serving 288,000 households within four years. Today, 42 million Americans receive electricity from more than 900 consumer-owned, not-for-profit electric co-ops.

Uncle Sam also played a direct role in getting power to rural residents through federal hydropower development projects, most of which were constructed between the 1930s and early 1960s. Generation produced at federal dams continues to deliver steady, reliable, baseload renewable electricity that's sold to co-ops and publicly owned municipal utilities through four federal power marketing administrations.

"Co-ops operate in an environment where a host of laws passed by Congress and state legislatures, and regulations imposed by federal and state agencies, profoundly affect consumers," Stoner says.

Enter the lobbyist. The term "lobby" dates back to at least the 1600s as a place in the British House of Commons where citizens could meet

with their representatives. Recognizing its importance, the First Amendment to the U.S. Constitution enshrined lobbying, along with freedom of religion, freedom of speech, freedom of the press, and freedom to protest, as a basic American right.

Considered one of the most effective lobbying organizations in the U.S., NRECA was formed to provide electric cooperatives with legislative representation on a national level. North Carolina's cooperatives similarly formed the North Carolina Association of Electric Cooperatives, which coordinates citizen visits to the nation's capital on a regular basis, including the Youth Tour.


"When consumers wake up in the morning, they're not thinking about whether Congress could be marking up an important measure that could impact their electric bills—people generally don't track things like that,"

Stoner says. "That's what lobbyists are for. However, our efforts are greatly supported by consumers, who can explain to elected officials what their core issues are. That's the essence of grassroots: It's a powerful, persuasive force that most special interest groups just don't have."

Your voice is being heard

Electric co-op lobbying efforts have recently been reinforced by "Our Energy, Our Future," a national grassroots awareness campaign that puts co-op consumers directly in touch with U.S. senators and representatives. Over the past year, more than 389,000 co-op members nationally and more than 71,000 from North Carolina have sent messages stressing the impact of energy policy on affordable electricity. Additionally, electric co-ops from across the Southeast have launched an informative Web site on energy issues

called www.findabalancedsolution.com.

When members of North Carolina's co-ops visited Washington recently, Rep. Larry Kissell, the freshman Democrat from Montgomery County who represents the 8th North Carolina District in the House of Representatives said, "In the months of deliberation leading up to the cap and trade bill, I met with many interested parties. It was very helpful in making my final decision on how to vote. I had several meetings with members of North Carolina's electric cooperatives. The members and directors I interacted with from the co-ops were true citizen lobbyists: attentive, clear and keen on legislative issues affecting their communities." 

To contact your representatives:

www.ourenergy.coop

www.findabalancedsolution.com



The CONCORD: As Low As \$152,500*

*Base model prices subject to change



CUSTOM HOMES ON YOUR LOT • OUR PLAN OR YOURS

At Madison, you save thousands!

*You make no down payment, pay no construction loan interest,
and we pay closing costs.*

Choose one of our plans, or we can build one of yours!



Madison Homebuilders

Charlotte, Conover & Columbia

*For A Free Brochure With Floor Plans,
Call Or Visit Us Today*

Charlotte, NC Conover, NC Columbia, SC
1-800-957-9304 1-866-847-6815 1-888-745-1011

www.madisonhomebuilders.net

I Remember...

In January, Carolina Country will begin a new series, and we're inviting everyone to contribute. We'll publish your stories and pictures about your memories of times, people, events, scenes, whatever memories mean a lot to you. You don't have to be a great writer to send us something. Just tell it from your heart. Here are some samples:

Meeting my husband

It all started when we were just 13. A boy from my church went to school with David. The boy had a birthday party and invited friends from both school and church. I was there, too.

Fast forward four years. We were 17. David and the other boy were still good friends and were going to a Beach Music Festival in Selma, N.C. I happened to be going with a friend who dated this same fella from church. There, all four of us met up and ended up hanging out together. David offered me some chicken, and we just hit it off.

He called me continuously during the next week, and we had our first official date on Friday night. When he got home, he told his mom that he had met the girl he was going to marry.

The next weekend, he showed me a photo he had kept from the birthday party four years earlier. I couldn't believe it. There I was at the party when we were 13.

Today, we agree we were meant to be together. In 2005, for our 20th anniversary, he took me on a wonderful trip to St Maarten, the setting for this photo.

David & Angela Williams, Emerald Isle, Carteret-Craven Electric



Working tobacco

Working in tobacco in summers on Pawpaw's farm was hard work, but we didn't complain because we had all the cousins and family together. The ladies would talk while they strung, and the boys would whoop and holler getting dirty crawling down the rows and pulling the suckers off the stalks.

By the end of the day your hands would be black. The little ones named the tobacco worms, and they snacked on sardines, crackers, orange soda and moon pies. If we had daylight left, Papaw was sure to let us ride one of the cows as a treat. The old mules would be so tired they would just sit down with you if you tried to ride them!

Toward the end of the summer we were treated with a juicy, ripe watermelon and sometimes had a seed-spitting contest. I learned more in those summers about hard work and pure fun than anywhere else.

Kay Myers, Wallburg, Energy United

SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. E-mail: iRemember@carolinacountry.com
Or by U.S. mail: I Remember Carolina Country,
3400 Sumner Blvd., Raleigh, NC 27616

First
Ever!

Celebrating the Tractor that Helped Grow America! FARMALL DELIVERS EXPRESSES

Illuminated, Real Working
HO-Scale Train Set

Locomotive
Lights Up!



FEATURING AUTHENTICALLY DETAILED, FULLY-SCULPTED FARMALL TRACTORS!

Farming's one tough job. So for over 50 years, America's farmers relied on one tough tractor...Farmall...Red Power. As their advertising proclaimed, they were "Time Proved for Improved Farming." In tribute to these famous tractors that helped grow America, Hawthorne is proud to bring you the Farmall Delivers Express.

Authentically detailed.

And Built to Last ... like Farmall Tractors!

You'll be amazed at the wealth of authentic details lavished on each train car, including flat cars featuring fully-sculpted and removable Farmall tractors. And you'll delight in the images of these classic tractors that boldly decorate the train cars, recalling half a century of their service as America's small farm tractor. Masterfully crafted with a solid metal chassis and steel alloy wheels, your Farmall Delivers Express will bring you years of enjoyment as you watch its powerful diesel locomotive and cars plow around the tracks.

An exceptional value and an incredible train set!

Begin your illuminated HO scale train set with the Diesel Locomotive. You will be billed the first of three easy payments of \$23.33* before it is sent. Soon, you can look forward to adding coordinating Farmall Delivers Express cars—including fully-sculpted vintage Farmall tractors—and the **FREE tracks and power-pack!** They will be billed separately each at the same attractive price and sent about one every other month. You can cancel at any time simply by notifying us.

It's a must-have for classic tractor & rail fans alike! Act now!

Strong demand is definitely expected. Orders are limited to one train set per customer. Send no money now. So don't wait and mail the coupon today.

Reserve Today!

www.collectibletoday.com/farmall

Fine collectible. Not intended for children under 14.

©2009 CNH America LLC

©2009 Hawthorne Village 14-00185-001-BI

LICENSED PRODUCT



**FREE Tracks & Power-pack
Included with Set—\$70 Value!**



9210 N. MARYLAND ST., NILES, IL 60714-1322

Limited-time Offer—Please Respond Promptly

Yes! Please enter my order for one Farmall Delivers Express illuminated electric HO-scale train set, beginning with the "Diesel Locomotive" as described in this announcement. I need SEND NO MONEY NOW.

Signature

Mrs. Mr. Ms.

Name (PLEASE PRINT CLEARLY)

Address

Apt. No.

City

State

Zip

**Certificate of Authenticity and
365-day Unconditional Guarantee**

917318-E67201

* Plus \$9.99 shipping and service. All sales subject to acceptance and product availability. Please allow 8-10 weeks for delivery.



Henry Ford, the collector, keeps his stock of automobiles rolling in Raeford

From Mainline to Mustang

By Gwendolyn Coley, U.S. Army retired

honor of his father's passion for that make of cars.

"My father was a Ford car driver," the 50-year-old says. "I like Ford cars, even though I buy other cars. I want to have a variety in the collection."

His first purchase was a 1953 Ford Mainline, bought from an elderly man for \$2,800, a bit more than the going price for the vehicle at the time.

The art of buying classic cars is similar to buying stock, something Henry says he learned from a Hampton, Va., neighbor who also collects and restores classic cars: Buy a vehicle at the lowest price in the best condition. In many cases, his finds have come while traveling. "I'll see a car in a yard, and I'll stop and ask the person whether or not he or she wants to sell his or her car. Or if the car is interesting, I'll just stop and talk to the person about the car."

His most valuable find, a 1957 Lincoln Premiere, is a luxury car weighing more than two tons and measuring almost 19 feet long with fins. And the oldest is a 1929 Model A, which he drives through Raeford regularly. It still runs 45 mph on a straight road, and he may get 60 mph out of it going downhill with the wind pushing it.

"Power steering" and "air"

Even though his vehicles are old, Henry Ford says they all have power steering and air-conditioning. "The more power you give it in turning it, the better you can steer it. That's the power steering. As far as air-conditioning, sure it has air-conditioning. I roll down my window, and the more air that comes in the car, the better the condition. That's air-conditioning."

Actually, only his 1985 Mercedes Benz 380 SL, 1980 Chevrolet El Camino, 1984 GMC Caballero, 1972 Lincoln Mark IV, and the 1964 Imperial Crown Royal have factory air.

Henry says he's considering selling some of his cars but not because of routine maintenance costs. In fact, insurance, taxes and tags are relatively less expensive than maintaining his 2000 Ford F-150, 1998 Audi or his 2005 Ford Mustang. "I spend as much money on insuring the truck, Audi and the Mustang as the 23 vehicles under the antique insurance. I use antique tags which cost approximately 25 bucks."

The cost comes in buying fuel and parts—and they all need both at some point. "You let these old cars sit up for a while, they're difficult to start, they run ragged, the brakes go out on them because the rubber seals dry out on the wheel cylinder."

To minimize maintenance costs and to diagnose problems, Henry says he drives all of the vehicles eventually, the 1953 Ford Mainline always being first in the driving sequence. Since buying it, Henry says he has put about \$6,000 into the baby blue Mainline. Some of the labor he does himself, the latest being replacing the headliner. To make it easier to maneuver his 6-foot-2-inch frame inside the car while working, Henry took out the back seats.

For all the work he's put into that one, the Mainline will always be in his garage, its cover draped and tied as with all in his collection, Henry says, even though a collector's magazine lists one at \$16,000, a substantial profit.

Although tinkering with the vehicles is time-consuming, Henry says it also has proven to be therapeutic since he returned from deployment during the

Henry Ford's first automobile was not the Quadricycle, Model A or Model T. It was a Galaxy.

No, not that Henry Ford.

This Henry Ford is an Army lieutenant colonel and Raeford resident who is the mobilization integration officer of the 2125th Garrison Support Unit's forward element at Fort Bragg.

When he was 9, the Coffeetown, Miss., native took the worn-out rim from a brother's bicycle, cut out the spokes, and, using a stick to propel it, rolled the "Galaxy" down a dirt road, racing his friends to the imaginary finish line. Because his father owned a 1959 Ford Galaxy, the boy gave his stick-rim "car" the same name.

Now, more than 40 years later, he has amassed a collection of more than 20 classic vehicles. And more than 110 years after the famous automaker Henry Ford drove the Quadricycle, his first automobile, down the streets of Detroit, this Henry Ford drives his cars around North Carolina. So far as he knows, he is not related to the famous Ford.


The collector's inventory grew to 23 when Henry bought five vehicles after moving from Wichita, Kan., to Fort Monroe, Va. It started with a Ford, in

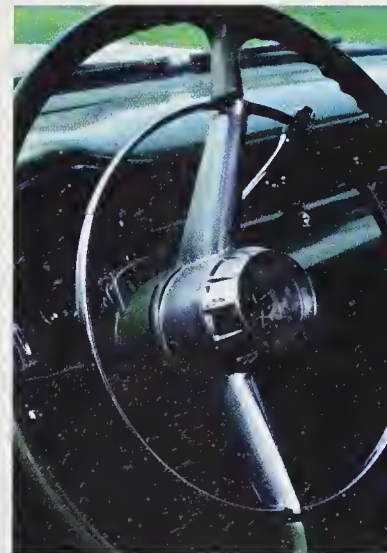
first Gulf war. "Anybody who comes back from the war zone needs to have something to fall back on to take their mind off the situation that they were in, and this is where I find comfort," he says.

Among his other challenges with the classic vehicles is transporting them between duty stations. After all, soldiers do tend to move every few years. When he left his unit in Kansas, for example, Henry stored the vehicles in Mississippi with friends and relatives until he found a house at his new duty station in Virginia. When he moved to North Carolina, he left most of his vehicles at his Virginia house. When he sold that house, he negotiated a deal that allowed him to keep the cars there so he could haul them with his F-150 and a car-hauler one by one each weekend to North Carolina.

Even his choice of home in North Carolina was dictated by its car storage capacity. He's adding a multicar garage and privacy fence to his Raeford home to accommodate his vehicles.

Ultimately, Henry Ford says, he plans to reduce his inventory to five, and once he's down to five, he will have more time to maintain and drive each vehicle. To get down to 23 cars, Ford has already sold five, including two 1954 Chevys in Kansas and a 1959 Edsel in Virginia, the latter to a Virginia man who had 25 other classic cars.

He's not sure how long it will take to get down to his five keepers. Eventually, he says. Eventually. "I'm not tired of playing with them yet, so it's not going to be tomorrow, but I'll get rid of them. You just pass that type of thing on to someone else to enjoy, too. I'm single, so I don't have anyone to pass it down to, so I just pass it on instead of passing it down." 





Three Strikes and YOU'RE OUT

Sorry moments in sports history

LOOSE BALLS

When I was 11, I was playing softball with my cousins in a field behind our grandparents' house. I was up to bat. My hair was so long I could almost sit on it. They pitched the ball with such a spin on it that it flew into my hair and just hung there tangled. I screamed, and everyone was on the ground laughing. I yelled, "Don't just lay there, get it out of my hair!" It took them about 15 minutes to get it out. I wore my hair up to play softball after that.

Another time, in my early 20s, I was playing first base. Someone hit the ball, and it was thrown to me. It bounced in front of me and went up the back of my baggy shorts. I had to reach down the back of my shorts to get it off my rear. The worst of it was that a guy I had a crush on was behind me coaching first base. I was embarrassed, but I laughed about it like everyone else.

*Sharon Hardin, Rutherfordton,
Rutherford EMC*

MY FIRST SPRINT

At my first high school track meet, I ran the 100-meter race. At the starting line, I lined up with other runners. When the gun fired to signal the start of the race, I sprinted. I heard a second gunshot, but I kept running. As I was sprinting, I noticed that nobody was ahead or beside me. This made me run faster because I knew I was in the lead. Sprinting towards the finish line, I heard cheers from the crowd in the stands, and my teammates were coming from the finish line cheering me on. It was then that I realized my teammates were running onto the track, waving their hands, and yelling for me to stop. When I understood what they were yelling, I stopped running. Later, a teammate explained to me that a false start had occurred, signaled by the second gunshot. Any experienced track runner would have stopped after the second gunshot. But it was my first track meet and one I'll never forget.

*Sandra Bretschneider, Morganton,
Rutherford EMC*

KNOCK DOWN, DRAG OUT

About 15 years ago, when I was in high school, my church joined a youth basketball league. I was not very good at basketball, probably because I was scared of the ball. But my brother and his girlfriend were on the team and were our only hope.

We still didn't win, but we scored. One night, in one of our final games, we actually had a chance of winning (with no help from me). The other team tried to score but the ball bounced off the backboard. My brother and his girlfriend both jumped for the rebound, and on the way down my brother elbowed her in the head and knocked her out.

They paused the game while they revived her, then took her to the hospital.

We decided to play on despite the loss of one of our best players. As soon as we resumed, my brother dislocated his toe. He was unable to walk, and they couldn't relocate his toe on the courtside. As they carried my brother away to the hospital, the other team felt sorry for us and called the game.

Two days after a good report on the concussion and relocation of my brother's toe, we celebrated at Pizza Hut. We'd hoped to celebrate a win, but instead we celebrated surviving our basketball game.

Tabitha Ashley, Saluda, Rutherford EMC



Thanks to everyone who sent in stories of sorry moments in sports. You can see more on our Web site. Next month we'll publish some of your favorite photos. (Deadline was August 15.) For the remaining themes and rules of our "Nothing Could Be Finer" series, see page 19. Also, make plans to send in stories for our new series, "I Remember." See page 14.

MEANWHILE, AT HOME PLATE

I played catcher for my softball team when I was 9, because I wasn't much good at any other position. During one game, the batter had a great hit, so my team was in a frenzy trying to get the ball back to tag out runners. But no luck. One, two, three girls ran across home plate.

After they scored their runs, we couldn't find the ball! While my teammates looked all over the field and argued amongst themselves, I remained in my position, patiently waiting for the game to start back. Until they all started pointing at me. Wouldn't you know it? The ball had been underneath me the whole time! At least I had on the catcher's mask to hide red cheeks as I threw the ball back to the pitcher. Needless to say, I was never anyone's MVP, and that was my last year playing softball, too.

*Tracey Hatcher, Chinquapin,
Four County Electric*

THE 3-POINT SHOT

I was the captain of my varsity cheer-leading squad my senior year. My best friend had always been one of the starters on the male varsity basketball team. He was a 4.0 student, valedictorian of my senior class, and has gone on to be quite successful in medicine. He and I did everything together, including attending prom. While we really were "just friends," I had always bragged to my family and friends about how smart he was.

One night at an away basketball game, he went to shoot a 3-point shot. He made it! He began to celebrate and looked around a bit confused when he noticed that no one else was cheering. He immediately realized what everyone else had already figured out. He had just scored three points for the opposing team.

Well, I could no longer refer to him as my "genius prom date." To this day, he is remembered as the guy who shot the basket at the wrong end of the court. We all still love him anyway.

Elizabeth Rice, Huntersville, EnergyUnited

GETTING TO FIRST BASE

Like many parents in North Carolina, mine enrolled me in tee-ball at age 5. I have few memories of the practices, but I do remember my first game.

The field was wet and covered in puddles from a spring rain. As I stepped up to take my first turn at bat in what would end up being a less than illustrious tee-ball career, my coach Mr. Knight walked up and whispered encouragingly in my ear. He said, while pointing to a large puddle in the path to first base, "Alright, son, after you hit the ball, run around that mud puddle right there as fast as you can."

Eager to please, I drew back my bat and smacked the ball off the tee. I paused, amazed at how hard and fast the ball had taken off. Then I heard my coach's gruff voice yelling, "Run!"

I took off toward first base and soon encountered the mud puddle. I began furiously running circles around the mud puddle. Excited that I was following my coach's instructions, I was unaware that the other team was getting close to retrieving my ball. After several more circles, I spotted my coach frantically telling me to move on to first base. I made it an instant before the first baseman caught the ball.

The many parents and others gathered to witness this grand event were highly amused by my puddle-circling skills. Now at age 37, I rarely see Coach Knight, but when I do, he always reminds me of my illustrious sports day many years ago.

*Roger Brandon, Fleetwood,
Blue Ridge Electric*

NICE MOVE

As Yogi Berra said, "It's 90 percent mental; the other half is physical."

Every coach I ever played under emphasized the mental part of the game. Regardless of the sport, the coaches worked us with hours and hours of drills in "real game situations."

In my sophomore year of high school, I was the football team's quarterback. We were 27 yards from the goal line, and we called a "student body left, quarterback bootleg right." I faked

the handoff, and the linebacker who keyed on me looked at me for a second and headed the opposite direction where everyone else was going. I took off with nothing but green pasture between me and a touchdown. Then I saw a lone defender on the 2-yard-line. Instead of doing what I had been trained to do (head fake, stutter step, roll, run away at an angle), I somehow decided it would be a more glorious score to plant my left cleats in the chest of that defender. As everyone cheered, I leapt toward the end zone, and ran right into that defender who promptly tackled me on the 2-yard-line.

The exhilaration from the sidelines turned into groans. My coach was smiling (but not happy) and yelling, "Why did you do that? Why didn't you head fake... or something?"

All of those practices! All those drills. And now just mental anguish. I really don't know why. 🙄

*Michael Allen, Indian Trail,
Union Power Cooperative*

send us your best EARN \$50

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

November 2009 Family Discipline

Your ideas for teaching kids good manners and behavior. *Deadline: September 15*

December 2009 Funny Family Traditions

Strange traditions in your family, not necessarily just for holidays. *October: June 15*

Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616 E-mail: finer@carolinacountry.com Online: www.carolinacountry.com

"MOVE-IN" READY HOMES

Built On Your Land!

\$169,990

The Worthington
w/2 car garage



www.LockridgeHomes.com

Winston-Salem
(336) 655-1099

Raleigh
(919) 749-7278

Charlotte
(704) 872-8720



*All information is deemed reliable but not guaranteed and is subject to change without notice.

LOCKRIDGE
HOMES
Built On Your Land

The Ashcott



\$99,990

STARTING FROM

\$70,990

CHOOSE FROM
OVER 50 PLANS

The Hening



\$70,990

The Graystone



\$160,990



\$3,995
An Earth Furnace doesn't cost... It Pays!!

- 1/2" Cyl. Firebox!
- "Rancher" 360 series heats up to 4500 s.f.
- "Mtn. Man" 500 series heats up to 6000 s.f.
- Lay Away Plan
- (Dealer inquiry welcome)

Savings... in Utility Bills
Safety... in Operation
Strength... in Construction
Simplicity... in Design
Service... Year After Year
Satisfaction... of an

Earth "Hot Water" Outdoor Wood Furnace

When you've compared their worth... You'll buy an Earth!

417-349-3247

www.EarthWoodFurnace.com

Community Cookbook

Twenty years ago, McIlhenny Company established the Tabasco Community Cookbook Awards to recognize the role these unique books play in chronicling and preserving local culinary traditions. In 2008, Morehead City's entry, *A Little Taste of Heaven Since 1857* won top honors. This one-of-a-kind book shares the recipes, stories, photographs and history of Morehead City and its citizens. The wonderful photos and illustrations only added to the judges unanimous opinion that a book like this is what we yearn for—a true piece of local book-making. Hardcover with internal spiral binding. 360 pages.



Only \$25!

Available online at
www.mhc150cookbook.com
Or contact: Coastlore Publications,
252.723.0982



*"A Little Taste of
Heaven Since 1857"*

The Morehead City Heritage Cookbook
2008 National First Place McIlhenny
Community Cookbook Award Winner



A Backyard Pond

According to Remodeling Magazine's "Cost vs. Value Report 2007," the national mid-range average for a deck addition was more than \$10,300; a mid-range kitchen remodel (major) was more than \$55,500; and a sun room addition was nearly \$70,000. A less expensive alternative is to add a water feature to enhance your backyard landscape. Water features not only add aesthetics to a yard and home but also provide a calming, serene and eco-friendly environment that everyone can enjoy.

It is easy to become discouraged with many home improvement projects because of the complicated installation processes. Water features, on the other hand, range in size and complexity from the novice all the way up to the DIY expert.

The most important factor is to decide what size and shape water feature is appropriate for your backyard. A commonly used style is the smaller kidney-shaped water feature because it is easy to install and can fit in even the smallest backyards. Although the average water feature measures about 11-by-16 feet, sizes and shapes may vary. Also consider other factors,

including if the water feature will accompany other objects in your backyard such as a pool or deck.

Begin your water feature installation by determining the perimeter and creating an outline. After digging your hole, add a geotextile mat large enough to cover the base of the hole and walls. The geotextile mat is important because it acts as extra protection for the liner, helping to prevent punctures.

Choosing and installing the liner

There are many liner options available to choose from, but the most popular and trusted option for water feature installations is EPDM rubber liners.


Firestone Specialty Products manufactures PondGard liners that can be shaped to fit the contours of any water feature. PondGard is also an eco-friendly option for those looking to include plant and aquatic life in water feature design because it resists algae growth and microbial attack. Available in a variety of sizes, PondGard requires minimal maintenance once installed and it is resistant to ultraviolet (UV) radiation and ozone, even when exposed.

To install the liner, gently place it in the hole and fill with water to hold it

in place. Next, use rocks and stones on the floor of the water feature and begin building layers along the walls.

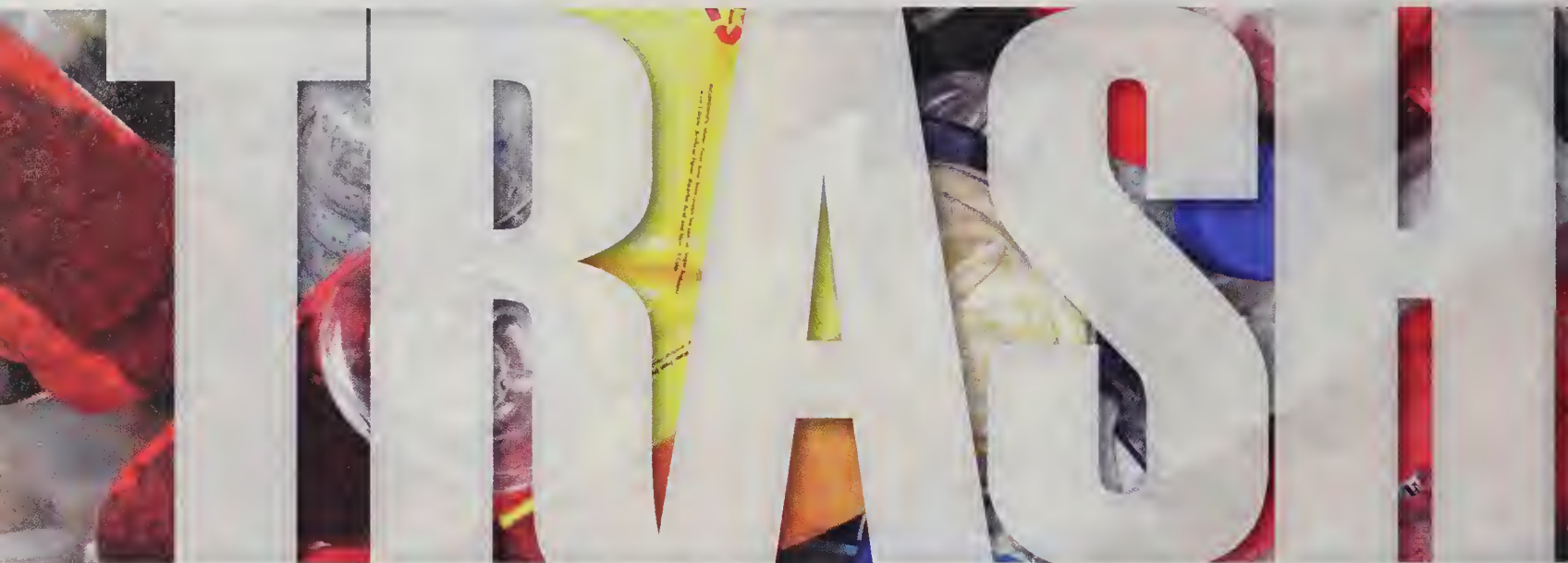
Add the stones and rocks on top of the exposed liner and continue to stack. Using a range of stones from your local nursery, masonry supplier or even your own yard will help add character to the water feature. Be sure to use different size stones and ground-covers on the perimeter of the pond to avoid a harsh transition from the water feature to the landscape.

To take this design even further, you can add a small waterfall by adding a pump, hose and additional rock formations to the equation. If you are considering this addition, be sure to contact your local electrician to ensure a safe and proper installation. Pumps cost between \$500 and \$2,000.

Other "finishing touch" options to consider are plants and aquatic life. Many water feature enthusiasts include Koi fish and other tropical water life to enhance the aesthetics. Visit your local nursery and aquatic center to find out which options work best for your water feature. 

Sources: Firestone PondGard, www.firestonesp.com; Home Improvement News and Information Center

PLASTIC BOTTLES ARE NOT



On Oct. 1, North Carolina will become the first state in the Southeast to ban plastic bottles from landfills.

Beginning in October, you are not supposed to discard rigid plastic containers, such as soda bottles, milk jugs and laundry detergent bottles, in regular trash bins with other non-recyclable items. The same plastic containers will also be banned from landfills. This law specifically targets plastic bottles that have necks smaller than the body of the container and a screw top, snap cap or other type of closure.

A similar law took effect last year, banning aluminum cans from landfills in North Carolina.

The legislation was introduced during the 2005 legislative session of the North Carolina General Assembly by state Rep. Joe Hackney (D-Chatham County), who is now the House speaker. The bill was designed to reduce energy consumption and lower greenhouse gas emissions, as well as to save landfill space and reduce litter. Massachusetts and Wisconsin have already both imposed similar bans.

According to the N.C. Division of Waste Management and the N.C. Division of Pollution Prevention and Environmental Assistance (DPPEA), North Carolinians throw away more than \$41.4 million in plastic each year.


Although the state does not have the capacity to monitor your trashcans to make sure you are following the new law, solid waste inspectors will enforce the law during landfill inspections. If the inspectors see mass quantities of the banned materials at landfills or transfer stations, they will put the landfill under a notice of violation and possibly fine them. The idea is to encourage landfill workers to remind people of the law and inform them of appropriate recycling procedures.

Organizations will have two options for disposing of the plastic bottles. They can contract with a service to provide and pick up recycling containers. Or, if organizations prefer

to handle the recycling themselves, they can take the items to a drop-off facility. Organizations that need help finding service providers or a local drop-off facility can contact the DPPEA at (800) 763-0136.

According to Scott Mouw, environmental supervisor for the N.C. Department of the Environment and Natural Resources, there are several benefits to the new law. Recycling reduces solid waste output and saves energy and resources. Mouw says that here in North Carolina, the law will also have positive effects on the state's economy. The demand for plastic has exploded in our state as recycling companies have formed here. Envision Plastics, located in

Reidsville, is the second largest recycler of HDPE plastics in the country. HDPE plastics, also known as #2 plastics, include items like laundry detergent bottles and milk jugs. Envision Plastics employs about 100 people in our state. PETE

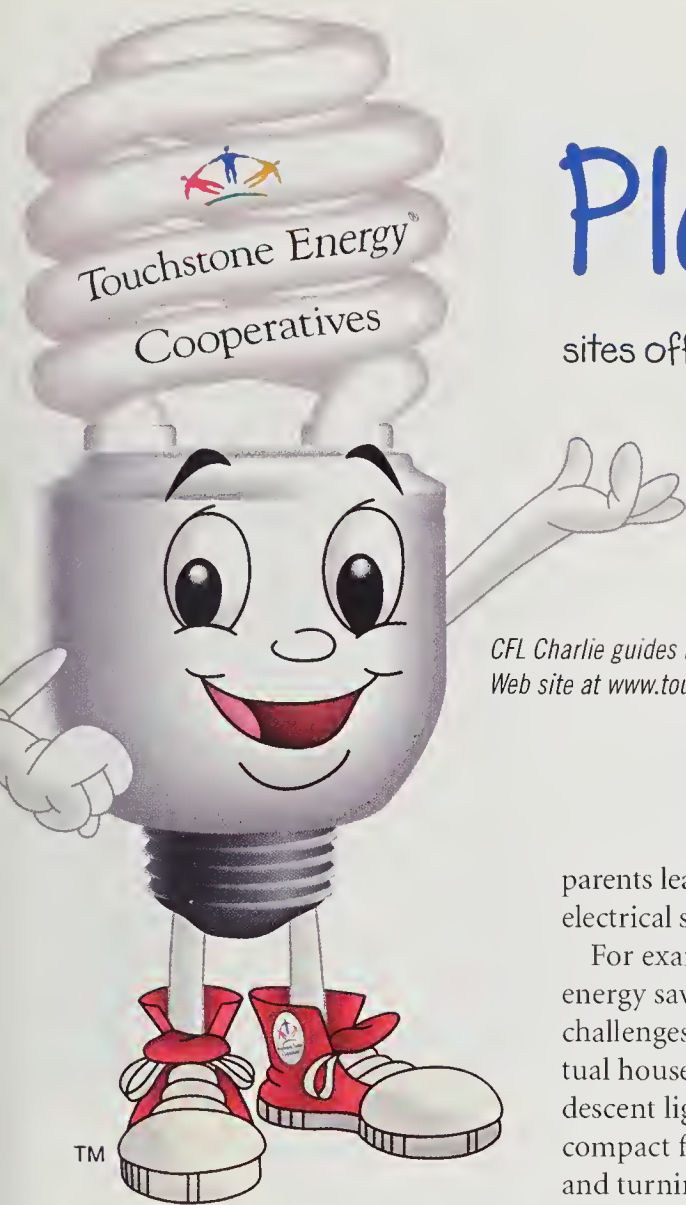
plastics, or #1 plastics, are recycled by Coca Cola at a large facility in Spartanburg, S.C., where they process the plastic. The plastic is then sent back to North Carolina, where new bottles are made—and jobs are retained. PETE plastics include soda bottles, cooking oil bottles and peanut butter jars. Clear Path Recycling, another recycling giant, is in the process of bringing new jobs here by building a plant in Fayetteville where plastic will be recycled and converted into polyester. The polyester made at Clear Path Recycling will then be sold primarily to a Kernersville-based carpet company, Shaw Floors. 

Leslie Johnson is a communications intern with the North Carolina Association of Electric Cooperatives.

On Oct. 1, North Carolina will ban plastic bottles from landfills. Recycling them has become a big industry in the state.

For more information:

www.p2pays.org/BannedMaterials/PlasticBottles



Plugged-in kids

sites offer fun ways switch on young people to energy efficiency

By Megan McKoy

CFL Charlie guides kids through a fun energy Web site at www.touchstoneenergykids.com

parents learn about renewable energy, electrical safety, and energy savings.

For example, "Lights Out!," an online energy saving game in the Kids Zone, challenges kids to speed through a virtual house, replacing traditional incandescent lightbulbs with energy efficient compact fluorescent lightbulbs (CFLs) and turning off lights and appliances as fast as possible. The less energy a player uses by the time everything's off, the better their score.

"Playing the 'Lights Out!' game and taking kids through a house with an energy efficiency checklist, which parents can find in the Kids Zone, are great ways to work together to get good habits started," recommends Jackson.


Mascots asking kids to help their parents save energy are popular. The U.S. Department of Energy's Office of Energy Efficiency and Renewable Energy (EERE) has employed Disney's Tinker Bell character to encourage youngsters to use CFLs and energy-saving smart power strips, as well as closing doors and turning off computers and gaming systems when not in use.

"The magical thing about using energy wisely is that anyone can do it," touts the campaign in a video featuring Tinker Bell and her friends at www.energy.gov/tink.

The Alliance to Save Energy suggests "super powers" may help combat low energy efficiency. Project Super Powers at www.projectsUPERpowers.com, highlights

videos of super heroes trying to use their abilities to save energy at home, often with embarrassing results. Children are encouraged to help by suggesting fictional super powers that might successfully reduce energy use. The Web site's overarching theme encourages researchers (children) to find a better way to be energy efficient.

Energy Star's Web site for youth at www.energystar.gov/kids provides interactive ways to learn how to make small changes with a big impact in places like a child's bedroom. The site gives guidance on what items use power even when they're not on (cell phone chargers, certain TVs) and basic things like air leaks that kids can look for and help their parents fix.

EERE also offers lesson plans, science projects and more for K-12 students at www.eere.energy.gov/education. For example, elementary and middle school students can make a 'Draft-O-Meter' from a pencil and plastic wrap to check for air leaks in their home. High school science and math students can use the lesson plan 'Watt Does It Cost to Use It?' to learn the energy "price tag" for different electric household items. 

Megan McKoy writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

Source: U.S. Department of Energy Office of Efficiency and Renewable Energy, Touchstone Energy® Cooperatives, ENERGY STAR, Alliance to Save Energy

Getting children excited about energy efficiency may seem hard—for some parents, it's enough of a challenge to get them to do chores! But several Web sites have been designed with young energy savers in mind.

Touchstone Energy Cooperatives, the brand "ID" of the nation's not-for-profit, consumer-owned electric cooperatives, offers Touchstone Energy Kids Zone (www.touchstoneenergykids.com) featuring a spunky energy efficiency mascot, CFL Charlie. The site is designed to teach children in kindergarten through fifth grade how to be Super Energy Savers in their homes. The Kids Zone also includes interactive games, videos, and surprises.

Kristine Jackson, Touchstone Energy Cooperatives senior representative for business development, said the activities are a way for parents to interact with children so the family can focus on energy efficiency together, and help everyone develop energy efficient habits that will last for a lifetime. Through fun activities, she said, students and their

Get the kids involved

Most kids have learned more about being green from their school teachers and camp counselors than we adults might have gleaned in a lifetime. Many schools these days follow the environmental “Three R’s”—Reduce, Reuse, Recycle. Reinforce such messages at home and on outings, and lead by example, so that today’s ‘tweens will be tomorrow’s greens.

Learn what types of items your town or county accepts for recycling. Teach your kids what goes into the recycling bin, and put them in charge. Also, raid your recycling bin when the kids want to make arts and crafts.

Talk about the foods we eat, where they come from, and the environmental impact our food choices have. No one wants to cause pollution or eat chemicals, kids included, so get your food from local and organic sources when possible—and explain why to your children.

Richard Louv underscores the importance of a connection between children and nature in his book, “Last Child in the Woods.” He traces the evolution of “nature deficit disorder,” whereby kids raised on a steady diet of video games and junk food may not turn into the great stewards of the outdoors. His solution? Get them off the couch and into nature, where they will surely be wowed by what they encounter.

To learn more: Children & Nature Network, www.childrenandnature.org.

Easy energy savers

There are many ways to save energy and other resources around the home without spending a lot of money. And taking action sooner rather than later will lead to ongoing savings on utility bills.

On the energy front, turning your thermostat up in summer and down in winter is one way to reduce usage and cost. For each degree you raise or lower your thermostat, you can save anywhere from one to five percent on your cooling or heating bills depending on where you live.

Other ways to save energy:

- Lower the hot water heater’s thermostat
- Tune your heating and cooling equipment once a year
- Insulate hot water pipes and hot water storage tanks
- Caulk cracks and gaps around door and window frames
- Weatherstrip air leaks around windows and doors
- Replace incandescent light bulbs with more efficient CFL bulbs


To reduce water usage:

- Wash and dry only full loads of laundry
- Wash full loads of dishes
- Fix leaky faucets and toilets
- Install aerating low-flow showerheads and faucets
- Turn off the faucet while brushing teeth and shaving
- Take short showers and avoid baths altogether



Teach your kids what goes into the recycling bin, and then put them in charge.

According to the American Council for an Energy Efficient Economy, installing or upgrading insulation is a sure-fire way to save money over time, as your heating and cooling equipment won’t have to work so hard maintaining the desired temperature of your home’s interior. Planting shade trees around your home’s exterior will help reduce the need for air conditioning in summer and, if they’re deciduous, they’ll let sunlight through in the winter.

Upgrading to more energy efficient appliances—preferably those brandishing the federal government’s Energy Star seal of approval—should more than make up for any cost premiums with the energy savings they’ll bring. Replacing older single pane windows with new more efficient double or even triple pane varieties can significantly reduce home energy usage and heating/cooling bills as well. Be sure to get professional help when installing insulation or new windows, as improper installation can negate the benefits you’re trying to obtain. 

To learn more: EnergySTAR, www.energystar.gov; American Council for an Energy Efficient Economy, www.aceee.org; DOE Home Energy Saver Website, www.hes.lbl.gov/hes/vh.shtml.

Got an Environmental Question?

Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.

**NEW
DESIGN!**

24 HOURS OF SOOTHING THERAPEUTIC COMFORT

*24 Hour
Health Shoes*
ONLY \$16.97

FREE SHIPPING & HANDLING

Adjustable Closure
Assures A
**PERFECT FIT
EVERYDAY!**

SHOCK ABSORBING SOLE IS EASY ON LEGS, KNEE & ANKLES!

- Diabetes
- Blisters
- Tired Feet
- Bunions
- Swollen Feet

ADJUSTABLE — CUSTOM FIT



**MEMORY
FOAM
INSOLES**

NON SLIP SAFETY SOLE

**• REFRESH • REVITALIZE • INVIGORATE
THE LONGER YOU WEAR THEM...
THE BETTER YOUR FEET WILL FEEL!**

ORDER TOLL FREE 1-800-530-2689

www.DreamProductsCatalog.com (WEB OFFERS MAY VARY)

**So Comfortable...You'll
Never Want To Take Them Off**

These may very well be the most comfortable shoes you'll ever slip your feet into. Not only are they totally constructed of imported plush polyester from heel to toe, they have a memory foam insole that conforms to the exact shape of your foot for ultimate comfort. If that's not enough, the top has a self closure that adjusts for an even more custom fit. Also features a flexible TPR "rubber" sole for sure footing and durability indoors or out. So comfortable you might forget you're wearing them. Hurry, order today and get **FREE SHIPPING AND HANDLING**. Satisfaction Guaranteed or Return For Your Money Back

INDICATE NUMBER OF PAIRS ORDERED UNDER SIZE

#95021 Men's S (6-7)	#95022 Men's M (7½-8½)	#95023 Men's L (9-10)	#95024 Men's XL (11-12)
#95017 Ladies' S (5-6)	#95018 Ladies' M (6½-7½)	#95019 Ladies' L (8-9)	#95020 Ladies' XL (9½-10½)
_____ Pr(s) 24 Hour Health Shoes @ \$16.97/pr. \$			
CA residents must add 8.25% sales tax \$			
Shipping & Handling Add \$3.95 \$FREE			
TOTAL \$			

24 HOUR HEALTH SHOES

Dept. 61805

☐ Check or money order payable to: Dream Products, Inc.

Charge my: ☐ VISA ☐ MasterCard ☐ Discover®/NOVUS™ Cards

Card# _____ Expiration Date ____/____/____

_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|

Name _____

Address _____

City _____ ST _____ Zip _____

SEND
ORDER
TO:

Dream Products, Inc.
412 DREAM LANE, VAN NUYS, CA 91496

First-timers enter at lower speeds than experienced flyers at Paraclete XP SkyVenture.

Flying in a wind tunnel is no breeze,

but it can be a blast



Bodyflight facility in Raeford draws pros and visitors from around the globe

By Karen Olson House

Paraclete XP SkyVenture
190 Paraclete Drive
Raeford, NC, 28376

(910) 848-2600, (888) 4SKYFUN
www.paracletexp.com

If they were nervous, the men from 1st Battalion, 321st Airborne, were good at hiding it. They methodically suited up, then lined up next to the wind tunnel's door. As each man took his first flight, the others watched carefully. Despite the instructor's help, a beginner can unknowing lift an arm or leg slightly and blow his balancing act, causing him to tilt, spin or flail about like an airborne clown.

Although none of these paratroopers had ever sky-dived, their static line-jumping experience helped, and all five did fine. After they peeled off their helmets, a couple said they appreciated "not being attached to anything."

The men have just experienced bodyflight in the world's largest vertical wind tunnel, located in laid-back Raeford in Hoke County. Its siren song has lured novelty-seekers, military personnel and skydiving professionals since it opened in late 2007.

It can be a lot of fun, but flying in a vertical wind tunnel is no breeze. Flyers wear earplugs, elbow and knee pads, goggles, helmets, Velcro windsuits, and sneakers, because slip-on shoes can fly off. To enter, you stand inside the tunnel's narrow doorway and fall trustingly forward, where you are swooped up by a very strong vertical column

of air. One wrong twist, and you can bounce against the mesh-grid floor or against the walls. But once you get the hang of working with the wind, it can be a real blast.

Late morning, a family from Apex arrive. Mom Stephanie Hughes clicked her camera while husband Todd, the children, and grandmother Maureen enthusiastically suited up. There are plenty of grins, and when Maureen finishes her second flight, loud clapping.

From tunnel rats to pro skydivers

Paraclete XP Sky Venture's three-story facility stands out amid pine forests and cotton fields on a stretch of U.S. Hwy. 401, about 15 miles west of Fayetteville. Inside, its wind tunnel is a cylinder-shaped chamber 16 feet by 4 inches in diameter and 51 feet tall. A recirculating system, aided by four massive 541-horsepower fans and movable aluminum valves, creates a powerful aerodynamic loop capable of wind speeds up to 185 mph. To compare, a Category 5 hurricane—the most forceful there—is carries winds greater than 155 mph.

A "driver" in a control booth adjusts the tunnel's speed according to a flyer's size, expertise and fitness level. Experienced flyers bound around at full speed (185 mph), but first-time

FREE Hearing Aid Catalog

Shop by mail and Save 80%

- Products praised by
The Wall Street Journal
- 100% Risk-FREE offer
- 45-day home trial
- Arrives ready to use
- FREE shipping
- Compare to hearing
aids costing \$1,000
or more

Shop-from-home Hearing Aid Catalog

High-quality hearing aids priced at far less than the national average. Call for free info: 1-800-782-6316



Ready to use
In-the-Ear
Hearing Aids



Custom Fit
In-the-Ear
Hearing Aids



Behind-the-Ear
Hearing Aids

© Hearing Help Express®, Inc.

Our Customers Say it Best!

Customer comments printed with permission. Individual results may vary.

"Price is right! Works better than aids I bought locally."
F.E. - Texas

"I like the way it fits. I can hear really well with it. For the first time I can hear my granddaughter talk."
I.J. - North Dakota

"I can hear the TV and understand the words which I could not do with my \$5,000 aid."
M.L. - California

How do you save so much?

Hearing aids have never been more expensive. Most hearing aids cost more than \$1,800...but not from Hearing Help Express®!

You can SAVE 80%! How do you save so much? You order from home and your hearing aids are delivered to your door. You avoid big mark-ups, long waits, and salesmen. Your low price is based on high volume and low overhead.

Improve your hearing Risk-FREE!

Improve your hearing risk-free for 45 days in your own home! Compare our hearing aids to those costing \$1,000 and more. We only sell genuine hearing aids. 100% money-back guarantee! Order by mail from a family business with over 600,000 satisfied customers and 29 years experience selling hearing aids by mail.

Call today for your FREE catalog!

1-800-782-6316 ext. 03-301

SEND NO MONEY! Clip and mail this coupon today for your free catalog.

☒ YES! I would like a free shop-from-home hearing aid catalog. I understand there is no obligation and I get FREE shipping. www.HearingHelpExpress.com/03301

Dr./Mr./Mrs./Ms. _____

Address _____

City/State/Zip _____

Mail to:

Hearing Help Express
105 North First St., Dept 03-301
DeKalb, IL 60115-0586



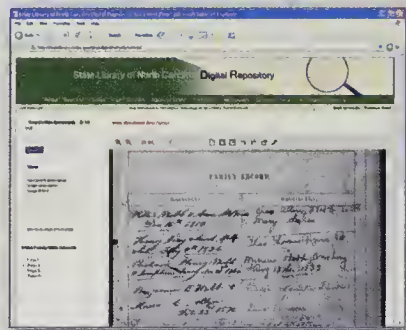
www.carolinacountry.com

To see a video of the writer taking her first flight, click on "Indoor Skydiving with Carolina Country." Watch staff writer Karen House soar, fall and attempt to negotiate hurricane-force blasts in Raeford's vertical wind tunnel.

Family Bible records online

Family Bibles share rich life histories. The newest digital collection, North Carolina Family Records Online, created by the State Library of North Carolina and the State Archives, transcribes nearly 220 family Bible Records and the six-volume Marriage and Death Notices from Raleigh Register and North Carolina State Gazetteer: 1799–1893. Some contain 18th- and 19th-century children's doodles, and others are embellished with photographs, hand-drawn family trees and newspaper obituaries. Some contain documentation about the birth of slaves, others detail births, marriages and deaths of governors, legislators and military leaders. Because Bible records were most often maintained by literate, white Protestant families, the current collection reflects only a small aspect of North Carolina's diverse heritage. Anyone interested in donating copies, particularly of Bible records where at least one date occurs before 1913, should contact Druscie Simpson at Druscie.simpson@ncdcr.gov. The transcriptions can be viewed free at the Web address below.

<http://statelibrary.ncdcr.gov/dimp/digital/ncfamilyrecords>



"Island Girl"

This recently released CD features vocalist Caitlyn Gray singing classic country hits and gospel tunes, accompanied by musicians Mahlon Blue and Herb "Speedy" Price. The wholesome lyrics in the songs are paired with fiddle and harmonica playing. The CD's 10 tracks include "Walkin' After Midnight,"

"Dream a Little Dream of Me" and "Jackson." Gray is a rising freshman at East Carolina University in Greenville. A member of Cape Hatteras Electric, this strong vocalist is from Waves. Her CD is sold in local stores as well as from her Web site. You can also mail a check or money order for \$17, which covers shipping, to Caitlyn Gray, P.O. Box 135, Rodanthe, NC 27968.

(252) 305-7044

www.caitlyngray.com



Carolina Country Store features interesting, useful products, services, travel sites, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, e-mail editor@carolinacountry.com with a description and clear, color pictures. Or you can submit by mail: Country Store, Carolina Country, 3400 Sumner Blvd., Raleigh, NC, 27616. Those who submit must be able to handle large orders.

on the bookshelf



Real Country

Leslie and Hope, who lived near Washington, D.C., were tired of their stressful commutes and fast-track working hours. The life partners started researching mountain property and settled on the Appalachian region. Once Leslie retired, they stayed in a temporary house while their log

cabin was built. Divided into two parts, this humorous non-fiction book traces the women's decision to move to the mountains, as well as Leslie's letters to family and friends revealing their transition. Their struggle to understand and be accepted into a new, very different culture is further challenged by their trials of moving and building a new home. The urbanites nickname themselves The Two Stooges Construction Company and deal with an influx of mice, an oven that won't heat, and a washing machine that won't stop dancing. Leslie Brunetsky is a former teacher, columnist and public relations executive. She lives in Zionville. "Real Country: From The Fast Track To Appalachia" is sold online, at Black Bear Books in Boone, and the Ashe County Cheese Company and Ashe County Arts Council in West Jefferson. Softcover, 172 pages, \$13.95.

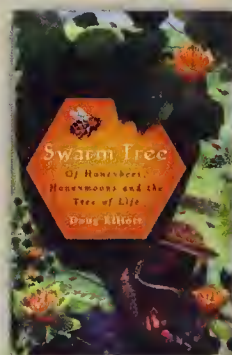
www.LesliesRealCountry.com

Swarm Tree

Storyteller Doug Elliott presents a collection that blends natural history and humorous takes on life. Whether tracking skunks, philosophizing over dung beetles or reading divine script on the back of a trout, Elliott conveys scientific and cultural knowledge of the Appalachians. Chapters include "My Brief Career as a Migratory Beekeeper," "Soul Food in a Southern Swamp" and "Honeybees in a Corporate World." Author Elliott also conducts nature workshops and performs "traditional tales and outrageous personal narratives." He lives in Union Mills. "Swarm Tree: Of Honeybees, Honeymoons and the Tree of Life" is published by The History Press in Charleston, S.C. Softcover, 160 pages, \$17.99.

(843) 577-5971

www.thehistorypress.com



North Carolina Off the Beaten Path

Tired of the same tourist traps? Whether you're a visitor or a local looking for something different, this new edition of "North Carolina Off the Beaten Path" can show you unique places you never knew existed. Learn about Brunswick Island's annual oyster festival, visit the quirky Bellhaven Memorial Museum and its 30,000-piece button collection, or take in rugged mountain scenery from a Great Smoky Mountains Railroad car. Chapters are divided by five regions and discuss interesting attractions and good eateries. Chapters also cover individual topics such as potteries, hospitable inns and bed-and-breakfasts and gardens. Travel writer Sara Pitzer lives in Richfield. Softcover, 200 pages, \$14.95.

(888) 249-7586

www.globepequot.com





Dog crate covers and pillows

Mutt Huttz in Gastonia will make custom, machine-washable dog crate covers, beds, floor pillows, leashes and more for your pet using designer fabrics and soft fleece to match the décor of your home, or your dog's house. Betsy H. Ravel does the work. You can even send your own fabric. The crate covers are made to fit the crate dimensions and can be removed and folded easily. You can monogram your Mutt Huttz articles, too.

(704) 964-5467
www.mutthuttz.com



Blown glass art

Glenn Randle of Fire Dancers is a glass artist working near Boone. He is concentrating on hand-blown glass sinks. His Confetti Series sinks are decorated with small confetti-like splashes of color. The standard diameter is between 15 and 16 inches with a depth of between 5 and 7 inches. Drain holes are standard size, and tapered and polished to accommodate any brand of drain. The price is about \$900. Glenn also makes vases and gifts. He has won many awards and made a White House Christmas tree ornament as well as gifts for Appalachian State University and Blue Ridge Electric. He is a member of Blue Ridge Electric.

(828) 297-4041
www.FireDancersGlass.com

Your Ugly Nail Fungus Can Be Gone!

"Dear Jim Long. This product is amazing!!! I've had toe nail fungus on my big toe for about 20 years. My nail was thick, yellow and until I found your product I thought I was destined to have a thick yellow toe nail forever. I also had cracked heels and athletes foot. Both have cleared up dramatically. Thank you so much for such a wonderful product." ...Cathy G., Ohio

\$14.95
 INCLUDES POSTAGE

Herbal Nail Fungus Soak

For Fingernails & Toenails.
 Also effective in treating persistent athlete's foot and cracking heel. Net Wt. .65 oz.

If you want a safe, natural way to be rid of ugly nail fungus, our formula works...
GUARANTEED!

Send \$14.95 to: **Herbal Nail Fungus Soak**

Questions?
 Check our Q & A button, on the Nail Fungus page of our website.

Long Creek Herbs
 P.O. Box 127-N
 Blue Eye, Missouri 65611
 417-779-4009

Long Creek Herbs

www.LongCreekHerbs.com
 (Phones answered Mon. - Fri. 8 - 5 Central)

Major Credit Cards & PayPal Accepted

THERE IS NO BETTER BRUSH MOWER.

Find out for yourself. I'll send you a DR® FIELD and BRUSH MOWER to try for 6 months.

Built with unstoppable power, the DR® FIELD and BRUSH MOWER promises no-nonsense performance and bulletproof reliability. Mow down head-high field grass, tough brush, and saplings 3" thick.

If you're looking for the solution to your overgrown land, turn to the DR® FIELD and BRUSH MOWER. There's nothing in the field like it. And it's yours to try for 6 months.

- SELF-PROPELLED
- UP TO 17 HP
- TOW-BEHIND MODELS, TOO

Tom Parent, Sales Manager
 DR® POWER EQUIPMENT

Get a FREE DVD & Catalog
 TOLL FREE 1-888-213-0237
www.DRfieldbrush.com

6 MONTH HANDS-ON TRIAL

66657X © 2009

YOU KNOW YOU'RE FROM

Carolina country if...

...you took a bar of
soap and a rag
 to *Singletary Millpond.*

From Vonda Hester, Bladenboro



From Vonda Hester, Bladenboro

- ... You drew a face on the shucks of a fresh ear of corn and pretended the corn was a doll and the silks were her hair.
- ... When something is outrageous, you say, "If that don't cap the stack!" And you remember peanut harvesting when you say it.
- ... You have ever made hogshead cheese.
- ... Your favorite meal is rice and home-canned tomatoes.
- ... After you work hard all day you are "give slam out."
- ... Your granddad said that your new dress was "turbull" pretty.
- ... Your hands were "pite-ed" looking when they were cold.
- ... Your slip showed and Momma said to fix your frocktail.
- ... You know what step-ins are.
- ... Your momma put onions in your socks when you had the mumps.
- ... A "backer" stick house and a kiten were your favorite playthings.
- ... Your house had a front room for courting and living room for the TV, but you actually lived in the kitchen.
- ... The tender place on your leg was said to be "touchous."

From Betty Bailey, Hickory

- ... You make flowers from crepe paper to put on church graves on Decoration Day.
- ... You swept the woods out to make a playhouse in the summertime.
- ... You made race tracks in the dirt and used left over blocks for the cars and tacks for the lights.
- ... For picking cotton, your mama made your own personal sack to put the cotton in.

**From Jimmie Morris Sr.,
Belvoir community**

- ... When a thunderstorm was coming you had to get the mules to the house.
- ... Putting out tobacco to come in order was not too bad, but getting up in the middle of the night to take it in was bad.
- ... Your brother fell asleep in the tobacco truck waiting for it to get light to start breaking tobacco.
- ... You went to the smokehouse and cut off a piece of ham to eat it.
- ... Your first jelly donut was a molasses biscuit.
- ... You cut wood all Thanksgiving Day, Friday and Saturday with a crosscut saw for your winter wood.

From Opall Lopp Smith, Lexington

- ... Your snacks included mulberries, black haw, honey locust pods, pawpaws, molly pops, wild plums, blackberries, raspberries, huckleberries, strawberries, hickory nuts, scaley barks, black walnuts and grass nuts.
- ... Your school games were Looby Loo, Ring Around the Roses, Farmer in the Dell, Drop the Handkerchief, jump rope, hopscotch, Red Rover, Crack the Whip, Crows and Cranes, and Old Roger is Dead.
- ... At home you played jack rocks, pick-up sticks, bingo and Old Maid.
- ... On cold winter nights you baked Irish potatoes in the ashes, popped corn over the fire in a wire popper and wrapped a hot brick to warm your bed. You studied by the light of a kerosene or Aladdin lamp.
- ... Your school lunch was a sausage or ham biscuit, a cold sweet potato and maybe a piece of homemade cake from the Sunday dinner.
- ... For Christmas girls got a doll or tea set and boys got a Barlow knife, a top or yoyo. Usually, everyone got an orange, an apple, some nuts, hard candy and orange slices.

From Cheryl Little, Waynesville

- ... You were taught how to hypnotize a chicken by drawing a line in dirt straight out from its eye while you help it lay down on one side.
- ... Your father came home and wondered why all the chickens seemed dead.
- ... You owned a horse that would charge at you once in a while.
- ... You practiced batting by hitting a rock with a scrap of wood, and there was no one nearby to get mad.
- ... Your rooster served as your guard dog.
- ... You know that a truck is supposed to be dirty.
- ... You know what pullin' Coggins means.
- ... The Christmas tree was cedar with paper chains, popcorn strings, icicles and red and green roping. ☺

If you know any that we haven't published, send them to:

E-mail: editor@carolinacountry.com

Mail: P.O. Box 27306,
Raleigh, NC 27611

Web: www.carolinacountry.com

GO ONLINE See more on
our Web site.

HYDROXATONE®
HEALTHNEWS

Erase Wrinkles Without Botox®!

*Breakthrough anti-aging cream combines three scientifically advanced wrinkle-reducing ingredients to rival the results of Botox®.**

In recent years Botox® has been promoted as the leader of anti-wrinkle treatments. Although it can be successful, it is very expensive, painful, must be administered by a physician, and, in many cases, two to three treatments are needed for the desired corrections. After years of research and testing, a new safe, more affordable product offering comparable results is now available.

Why Choose Hydroxatone®

PRODUCT	Hydroxatone®	Olay® Regenerist†	Strivectin SD®**
Argireline® [§] Acetyl Hexapeptide 3	YES	NO	NO
Matrixyl™ 3000‡	YES	NO	NO
Hyaluronic Acid	YES	NO	NO

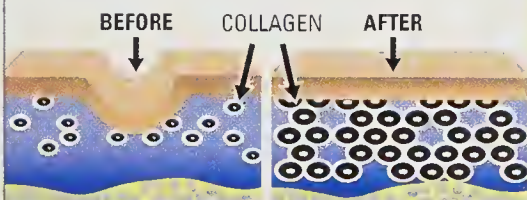
Most Advanced Anti-Aging Product Available

Hydroxatone® is a true, clinically proven Botox® alternative. It is a superior facial cream that can reduce deep wrinkles, and it's completely non-toxic, safe and has no side effects. How can it rival Botox®? Hydroxatone® contains three of the most effective substances known that are needed for real results. Most products use one or two of these important ingredients, but the makers of Hydroxatone® are the first to combine all three, resulting in the most advanced skin care and wrinkle reducer on the market.

HOW Hydroxatone® WORKS

MATRIXYL™ 3000‡ + ARGIRELINE®§ + HYALURONIC ACID

- 68% reduction of deep wrinkles in just six months
- Diminished age spots & increased suppleness
- Enhanced production of healthy, radiant new skin
- Tightened and toned skin



Matrixyl™ 3000‡ – is clinically proven to promote collagen production in the skin.

Argireline®§ – is a combination of amino acids formulated to relax facial wrinkles, reduce the degree of existing wrinkles and stop their future development.

Hyaluronic Acid – is virtually unmatched in hydrating the skin, resulting in increased smoothness, softening, elasticity and decreased facial wrinkles.



What Our Customers Have To Say About Hydroxatone®...

"Within two weeks of using Hydroxatone®, I was getting compliments on my skin from friends and co-workers. My skin not only feels great, but it looks great too! You've made me a Hydroxatone® believer!"

— Robin B., Los Angeles

Results not typical

Three Proven Wrinkle-Reducing Ingredients

Hydroxatone® is unlike any other skin cream you've ever tried because it relies on THREE proven ingredients for REAL results. Matrixyl™ 3000‡ is clinically proven to promote collagen production in the skin. Collagen is the most powerful substance known to help keep skin stay young, soft and vibrant. Argireline®§ is a combination of amino acids formulated to relax facial wrinkles, reduce the degree of existing wrinkles and stop their future development. And Hyaluronic Acid is virtually unmatched in hydrating the skin, resulting in increased smoothness, softening, elasticity and decreased facial wrinkles. But Hydroxatone® doesn't stop there! It also includes other natural antioxidants, botanicals, vitamins, and peptides and a gentle but powerful exfoliant...all to nourish your skin while fading wrinkles.

Up To 68% Reduction Of Deep Wrinkles

Unless you've actually tried Hydroxatone®, it's hard to imagine it can work the miracles users claim it does. But women and men of all ages are using Hydroxatone® and seeing real and noticeable results every day. The cumulative results that are seen within two weeks will continue with daily use.

Over six months this will increase to as much as a 68% reduction in deep wrinkles.

There Is No Comparison

Forget Botox® or any other radical treatments. Throw out other creams that simply don't work. Hydroxatone® is a proven anti-wrinkle cream that is completely safe and clinically proven. Within two weeks Hydroxatone® users will start to see results. With continued use, their skin will become softer, smoother, more radiant, and younger-looking...and that's GUARANTEED.

Having A Hard Time Finding Hydroxatone®?

For years consumers have only had expensive and ineffective alternatives to achieve younger looking skin. You may have seen other inferior anti-wrinkle products costing hundreds of dollars at some high priced salons. Unlike those pricey and unproven alternatives, the manufacturer of Hydroxatone® is so confident in their anti-aging technology that they are offering a 30-day risk free trial offer... because seeing is believing!



To get your supply of Hydroxatone® risk free, for just a small shipping & processing fee call 888-223-8044. Our operators are available to let you try one of the greatest breakthroughs in wrinkle fighting technology without spending hundreds of dollars.

Call 888-223-8044 to get your Hydroxatone® 30-Day Risk Free Trial Offer Today!
Mention Promotion Code HY100080 for a Free Upgrade!

www.hydroxatonedirect.com

*Botox® is a registered trademark of Allergan, Inc. – †Olay® Regenerist is a registered trademark of Procter & Gamble – **Strivectin SD® is a registered trademark of Klein Becker IP Holdings, LLC – §Argireline® is a registered trademark of Lipotec S.A. – ‡Matrixyl™ 3000 is a registered trademark of Sederma S.A.S. – Hydroxatone® is not endorsed by Allergan, Inc. Procter & Gamble, Klein Becker IP Holdings, LLC, Lipotec S.A. or Sederma S.A.S.

NATIONAL BARN COMPANY
 HORSE BARNS • GARAGES • STORAGE BUILDINGS • HAY BARNS

Ask about our do-it-yourself materials kit

Building shown 30x60x12 w/15' open shed

***FINANCING AVAILABLE WAC**
\$9,995
 (Payments as low as \$169 per month*)
30X50X10

• Hurricane Upgrade E of I-95 • Engineered trusses
 • Fully Insured • Custom Sizes Available
 • #1 Metal • Local Codes & Freight May Affect Prices

1-888-427-BARN (2276)
www.nationalbarn.com NC Lic. #52845

ADVANTAGE STEEL BUILDINGS

Country Buildings at a Good Price

30' x 50' x 10'	\$6,990
40' x 60' x 12'	\$10,289
50' x 75' x 14'	\$15,115
80' x 120' x 16' (M-1)	\$35,570

Minis - 30' x 100' with 20 10' x 15' units - \$11,610

1.877.657.8335
www.advantagesteelbuildings.com

K KENTUCKY BUILDINGS LLC.

We are the Manufacturer!
 Factory Direct Discounts!

FREE CATALOGUE
1-606-668-3446
www.kybuildings.net

50 Year All Steel • 35 Year Deluxe Color Roof & Trims • 2/12 & 4/12 Models
 Farm • Church • Sports • Horse • Car • Plane • Home

PREMIER BUILDING SYSTEMS

1-800-882-5150
(770) 239-2085

The more you look, The better we look!

30x40x10.....	\$5,732
50x60x12.....	\$10,461
60x100x12.....	\$16,535
100x150x16 (w/ Column)....	\$38,185

All sizes available & mini storage units. 26 ga., 20 yr. roof & walls. Codes and market may affect prices.
 Instant Quotes Online : **www.premierbuildings.com**

LOWEST COST Term Life Insurance
 Issue ages through 90

AGE	\$100,000	\$250,000
45	12.78	22.75
55	16.19	31.28
65	31.06	68.47

Rates figured on monthly cost for female non-tobacco users

BRANDON RAMLET
(800) 933-6354
 TALIC FORM NO. 1-32207-198

Carolina country

Advertise in the Marketplace
 Call Jennifer Hoey for more information
1-800-662-8835, ext. 3077

VISA MasterCard AMERICAN EXPRESS Cards

MOBILE HOME ROOF PROBLEMS?

PERMA-ROOF
 from Southern Builders
 The Mobile Home Roofover Specialist Can Help!

24 YEARS

LIFETIME WARRANTY
ONE FOOT OVER-HANG
NO MORE ROOF RUMBLE
COMMERCIAL GRADE STEEL
2" or 3" FOIL BACKED INSULATION

CALL FOR A FREE ESTIMATE!
www.roofover.com
1-800-633-8969

Walk-In Bathtubs of NC
Factory Direct Prices!

Variable Speed Heated Air Hydrotherapy Jets will Massage & Melt all your Aches & Pains Away
 We Guarantee the World's Highest Quality Walk-in Bathtubs at AFFORDABLE PRICES
 "Enjoy A Safe Luxurious Spa Experience at Home"

1-888-988-3842
CALL NOW For FREE INFORMATION
Senior Freedom Factory Trained Installers
www.STOPyourFALLS.com

FREE In Home Consultation
A Safe Relaxing Bath Anytime You Want

HEATMOR
 Stainless Steel Outdoor Wood Furnaces

New Limited Lifetime Warranty
 Heat Multiple Buildings, Pools, Hot Tubs, Hot Water Tank, Barns, Shop, Garage, Greenhouses, Poultry Houses, Residential & Commercial

7 Models, 22 Colors, Wood or Coal Grates, Ash Auger Clean Out, Corn, Pellet, Oil Options, Efficient Combustion Design, Environmentally Friendly

Outback Heating, Inc.
 Eastern U.S. Distributor
 Outdoor Furnaces Since 1982
800-743-5883 888-763-8617
www.outbackheatinginc.com

Un, Kay!



Say Watt?

"The goal of an inanimate object is T _____
_____."

—Russell Baker

T	U	D	A	S
L	I	N	I	T
M	T	T	R	S
A	L	E	O	E
A	T	Y	E	E
M	N	A	D	F

Starting with the middle T and moving in any direction—left, right, up, down, or diagonally—can you spell out the six missing words of this quotation. Use each letter once.

LIGHT VERSE

are not Recipes For Dummies

How small is a smidgen?
How big is a bunch?
Is a squirt more or less
than a squeeze?
Unless you're born knowing,
you must learn by doing,
—You can't tell from most recipes.

A dollop's a lump.
You can scallop a clump.
Do you rinse fore or
after you mince?
Unless you're born knowing,
you must learn by doing,
—You can't tell from most recipes.

As a chef, my sole oeuvre
is to prepare hors d'oeuvres.
(These are "not served
on bread" canapes.)
Unless you're born knowing,
you must learn by doing,
—You can't tell from most recipes.

—cgj

CO-OPS ARE KNOWN FOR THEIR

C O M M I T M E N T T O C O M M U N I T Y
+ + + + + + + + + + + + + + + + =

Each of the nine different letters in COMMITMENT TO COMMUNITY has been given a different value from 1 through 9. Given the total value of the letters in each of the words below, can you find the value of each letter and the total value of COMMITMENT TO COMMUNITY?

- | | | | | |
|------------|------------|-----------|------------|----------|
| COMET (32) | NINE (22) | TEN (15) | MONEY (27) | ONE (20) |
| ME (15) | COUNT (24) | NOUN (18) | YOU (11) | |

Affordable Metal Roofing, Inc.



100% FINANCING • NO MONEY DOWN



- * we form our own metal
- * buy direct ~ huge savings

- * no middle man
- * **FREE ESTIMATE**

800.505.3241

910-653-6500

Serving all of North Carolina

Never have to buy fuel — oil, gas, kerosene, wood — ever again!



Lifetime Warranty

Hydro-Sil is a high performance individual room heating system that allows you to control your home heating cost by replacing old and inefficient heating. It can replace or supplement your electric heat, gas or oil furnace and woodstoves.

A one-time purchase that will last a lifetime: inside the heater is a sealed copper chamber filled with a harmless silicone fluid designed for heat retention qualities. The fluid is quickly heated by a varying amount of micro-managed proportional power. This exclusive technology greatly increases energy efficiencies.

Check ☐ MasterCard ☐ Visa ☐ Discover

1-800-627-9276

www.hydrosil.com

Hydro-Sil, P.O. Box 662, Fort Mill, SC 29715

Your Benefits with Hydro-Sil:

- Zone controlled heating cost with Hydro-Sil
- No service contracts. Lifetime warranty.
- Safe, complete peace of mind
- Clean, no fumes, environmentally safe
- U.L. listed
- No furnaces, ducts, or chimneys
- Preassembled — ready to use
- Portable (110V) or permanent (220V)
- Whole house heating or single room

**Contact us
today for
info and
FREE catalog!**

| 220 VOLT PERMANENT | Approx. Area to Heat | S&H | Discount Price | Qty. |
|---|----------------------|------|----------------|------|
| 8' 2000 w | 250-300 sf | \$25 | \$319 | |
| 6' 1500 w | 180-250 sf | \$25 | \$289 | |
| 5' 1250 w | 130-180 sf | \$25 | \$259 | |
| 4' 1000 w | 100-130 sf | \$18 | \$239 | |
| 3' 750 w | 75-100 sf | \$18 | \$189 | |
| 2' 500 w | 50-75 sf | \$18 | \$169 | |
| Thermostats — Call for options & exact heater needed. | | | | |
| 110 VOLT PORTABLES
(Thermostat included.) | | S&H | Discount Price | Qty. |
| 5' Hydro-Max 750-1500 w | | \$25 | \$229 | |
| 3' 750 w — Silicone | | \$18 | \$179 | |
| Heavy-Duty 240v | | \$25 | \$329 | |
| Total Amount | | | | |

Name _____
Address _____
City _____ St _____
Zip _____ Phone _____
MasterCard, Visa or Discover Account Information:
Acct # _____
Expiration Date _____

PALMETTO BUS SALES

CAROLINA'S CHURCH BUS SUPERSTORE

2004 FORD DIESEL - \$35,650



25 PASS. - VERY NICE! 70K MI.

**WE
SPECIALIZE
IN NEW
& USED
CHURCH
BUSES!**

**MORE THAN
50 IN STOCK**

**15-45
PASSENGER
MODELS**

**EVERY
PRICE RANGE!**

2004 FORD DIESEL - \$35,650



25 PASS. - VERY NICE! 70K MI.

Call 800-783-7613

www.PalmettoBusSales.com

I-26 AT EXIT #119
COLUMBIA, SC
LOCALLY OWNED
& OPERATED

Mobile Home EXTERIORS



**Insulated Roofing Systems
Premium Vinyl Siding
Vinyl Replacement Tilt-in Windows**



**For a FREE No Obligation Estimate Call:
1-800-849-5715
www.mobilehomeexteriors.com**



Quality Steel Buildings

1-800-241-8339

| | |
|---|----------|
| 40 x 60 x 12 | \$12,400 |
| 50 x 75 x 10 | \$16,903 |
| 60 x 100 x 12 | \$24,976 |
| 60 x 75 x 12 | \$19,590 |
| 50 x 100 x 12 | \$21,151 |
| 100 x 100 x 12...w/column | \$43,590 |
| 100 x 150 x 14...w/column | \$62,103 |
| FOB Plant—All sizes available—Local codes may affect prices | |
| 20 x 100 x 8'6" Mini Warehouse | \$12,268 |
| Mini warehouse available in all sizes | |

30 Arco Years

Arco Building Systems, Inc.

Visit us at our web-site...www.arcosteel.com

JOYNER'S CORNER ANSWERS:
CO-OPS ARE...
T O C O M E N T
8 + 7 + 6 + 5 + 4 + 3 + 2 + 1 = 106
2 + 7 + 8 + 9 + 6 + 3 + 4 + 5 + 2 + 1 = 106
Say Wait?
TO RESIST AND ULTIMATELY
DEFEAT MAN.

Cover crops

Planting a garden cover crop in fall can reap real payoffs in spring. By covering fallow ground, cover crops suppress the growth of bothersome annual weeds like chickweed and henbit, reduce erosion and prevent soil compaction. Cover crops are often called green manure because they enrich the soil like compost. When cover crops are tilled or spaded under, their decomposition improves the soil by adding organic matter. Plants in the legume family offer the extra benefit of adding nitrogen to the soil. Some gardeners grow cover crops as a "living mulch," meaning they leave some of the cover crop in place during the growing season and interplant food plants among it (similar to farmers' no-till method). Beneficial legume cover crops include crimson clover, vetch, fava beans and field peas. Other suitable plants include annual ryegrass, oats and winter wheat. Clemson Extension has a helpful guide to cover crops that may be viewed at the following site:

www.clemson.edu/extension/hgic/plants/pdf/hgic1252.pdf.



Enrich your soil, suppress weed growth and reduce erosion by planting a garden cover crop, such as crimson clover, in fall.

Tiny daffodils

Showy and conspicuous daffodils bring vibrant color to gardens in late winter and spring. Miniature daffodils have a charm all their own—they are dainty and adorable, especially in rock gardens and containers. There's no official definition for miniature, though garden catalogs typically describe these daffodils as 10 inches or shorter. The term miniature may apply not only to the plant's mature height but also to blossom size. 'Tete-a-tete' (4–8") is one of the most commonly available miniature daffodils—it has tiny, dark-yellow, trumpet-shaped flowers (about an inch in size). It naturalizes well, as do 'Baby Boomer' (4–8"), which has multiple buttery-yellow flowers per stem, and 'Jetfire' (6–10"), which has reflexed yellow petals and an orange trumpet. The choices of minis are many—the American Daffodil Society lists nearly 200 varieties of miniature daffodils. Visit the Web site at <http://daffodilusa.org/references/adsminiaturelist.html>.

Autumn lettuce

A fresh sowing of lettuce in late summer keeps the garden productive through fall. But while lettuce thrives in cool weather and even tolerates light frost, getting it established early enough to bear can be tricky. Lettuce seeds have poor germination when soil temperatures exceed 80 degrees. To achieve better germination, you can start seeds indoors, then transplant into the garden once established. Other tips that may improve success:

- ▶ Starts seeds in pots in a shady area, or use heavy shade cloth in the beds where you will plant.

- ▶ Plant seeds in a tray of damp soil or potting mix, then refrigerate for four or five days before taking outdoors. Seedlings can be transplanted once they've emerged and developed leaves.
- ▶ Sow seeds of lettuce in containers or hanging baskets out of direct sunlight and keep soil moist. Hanging baskets are particularly convenient for "salad mix" lettuce, enabling easy harvest and relocation of plants when necessary to avoid extreme heat or cold.

Hort Shorts

- ▶ Keep the edible garden going by planting early-maturing greens and veggies for fall harvest. Vegetables to plant now include beets, carrots, spinach and bok choy (can withstand light frost) and kale and collards (can withstand heavy frost).
- ▶ Plant garlic from mid-September through November (on the early end of the range in the western parts of the state). Garlic needs adequate time for roots to develop before winter and about a two-month cold period for robust bulbs to form in spring.
- ▶ Before selecting trees and shrubs, learn the average height and spread at maturity and site them accordingly. This will save years of pruning and the need to butcher them when they encroach on streets, driveways, houses and utility lines. 🌱



Carla Burgess can be reached at ncgardenshare@mindspring.com.

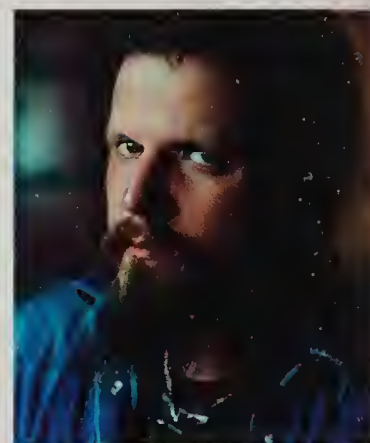
For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

Stars take to Dorton Arena stage at this year's state fair

The North Carolina State Fair runs this year Oct. 15–25 at the State Fairgrounds in Raleigh.

Advance tickets are for sale online until Oct. 15 and cost \$5 for adults and \$1 for children aged 6–12 (younger ones go free). Beginning Oct. 15 tickets at the gate cost \$7 for adults and \$2 for children. Go to www.ncstatefair.org.

Following is the schedule of concerts at the Dorton Arena. All shows begin at 7:30 p.m. and doors open at 6:30 p.m. Ticket prices range from \$5 to \$15 and can be purchased online only at www.ncstatefair.org beginning Aug. 3 at 10 a.m. Any concert tickets remaining after the start of the fair can be purchased at the Dorton Arena Box Office.



Jamey Johnson will perform "In Color," his 2008 Academy of Country Music's Song of the Year at the State Fair Oct. 19.

CONCERT LINE-UP

OCT. 15: Youngsville's own Jason Michael Carroll will perform songs from his newest studio release, "Growing Up is Getting Old," along with his chart-topping hits.

OCT. 16: Christian rock group Third Day will present songs from their latest album, "Revelation."

OCT. 17: Albemarle native Kellie Pickler, the top-10 finalist from Season 5 of "American Idol," has recorded a string of hits.

OCT. 18: Nat and Alex Wolff are best known as the siblings from Nickelodeon's The Naked Brothers Band.

OCT. 19: Jamey Johnson will play hits such as the 2008 Academy of Country Music's Song of the Year "In Color."

OCT. 20: Motown legends The Temptations featuring Dennis Edwards will sing such classics as "My Girl" and "Just My Imagination."

OCT. 21: "Dancing with the Stars" champion Julianne Hough will perform from her self-titled album, including the hit single, "That Song in My Head."

OCT. 22: Chapel Hill's own Anoop Desai was a finalist on Season 8 of "American Idol."

OCT. 23: Dove Award-winning Christian singer Jeremy Camp and Christian group Tenth Avenue North will appear in concert together.

OCT. 24: Country-music star Blake Shelton will perform hits such as "Austin" and "Home."

OCT. 25: Granite Falls native Eric Church will perform hits from his "Sinners Like Me" debut album and his sophomore effort, "Carolina."



Sylvan Heights Waterfowl Park

Home to many of the world's rarest and most exotic birds

More than 1,000 birds including rare & endangered species

Group tours, education and bird programs

Picnic areas and playground

Golden Leaf Room available for special events

Sylvan Heights

4963 Hwy. 258
Scotland Neck, NC 27874
Phone: (252) 826-3186
www.shwpark.com

Open Tues–Sun

9 am–5 pm
(Apr. 1–Sep. 30)
9 am–4 pm
(Oct. 1–Mar. 31)



\$1 OFF
the price of
one adult
admission

This coupon valid until June 30, 2010. Not valid with any other coupons or discounts.

FHA/HUD
APPROVED!

Fed Reduced Rates! Act Now!

Combine bills and get a **FIXED** rate!

LOAN EXAMPLES

| Sample Loan | Payment* | Term* | Rate* | APR* |
|--------------|------------|--------------|-------|-------|
| \$75,000.00 | \$398.05 | 30 YR. Fixed | 4.90% | 5.21% |
| \$125,000.00 | \$663.41 | 30 YR. Fixed | 4.90% | 5.12% |
| \$165,000.00 | \$875.70 | 30 YR. Fixed | 4.90% | 5.06% |
| \$235,000.00 | \$1,243.64 | 30 YR. Fixed | 4.87% | 5.03% |
| \$325,000.00 | \$1,719.93 | 30 YR. Fixed | 4.87% | 4.98% |

Samples are **Fixed Rate** conforming loans, 75 LTV rate/term transactions and 720 FICO scores. All products allow principle payments at any time without penalty. All rates and terms subject to change with market conditions. Other Rates, Terms and Products available. Call about Cash Out, FHA to 95%, Debt Consolidation, JUMBO Loans, Double Wide w/Land and MORE! Ask about our 40, 20, 15 and 10 year terms and Interest only programs to get your **LOWEST** payment!

- No Upfront Fees • Refinance • Debt Consolidation
- Home Improvements • Previous Bankruptcy OK
- Not So Perfect Credit



EquiSource
HOME MORTGAGE CORPORATION

Applications Taken 24 Hours a Day 7 Days A Week!

1-800-372-2570 • Apply Online - www.equisourcehome.com



Real People...Real Results!

WOW!
4.87%

September Events



The 4th annual Outer Banks Pirate Festival takes place Sept. 16–19. Join the mayhem beginning at Kitty Hawk Kites locations throughout the area. Sign up for updates at www.kittyhawk.com

ONGOING

Barbie—50 & Fabulous

Celebrating the famous fashion doll
Through Sept. 15, High Point
(336) 885-3655
www.dollandminiaturemuseum.org

"Around the World in 80 Days"

Sept. 9–27, Flat Rock
(866) 732-8008
www.flatrockplayhouse.org

"Heroes of Horticulture"

Photography exhibit
Through Sept. 27, Winston Salem
(336) 758-5580
www.reynoldahouse.org

Fresh Local Art & Produce

Through Sept. 29, Lake Lure
(828) 245-1492

Walking "Ghost" tours

Wed.–Sun. through Sept.
New Bern
(252) 571-4766

Laser Beatles

Musical laser light show
Through September, Rocky Mount
(252) 972-1167
<http://museum.imperialcentre.org>

Foothills Farmers' Market

Through Oct. 24, Shelby
(704) 482-4365
www.foothillsfarmersmarket.com

Farmers Market

Through Oct. 31, Wake Forest
(919) 556-2634
www.wakeforestmarket.org

Bob Troutman: Business As Usual

Exhibition examines corporate workplace
Through Nov. 14, Charlotte
(704) 337-2009
www.mintmuseum.org

Photographs by Vietnam Veterans

Through Nov. 15, Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.gov

Poplar Grove Farmers Market

Through Dec. 16, Wilmington
(910) 686-9510
www.poplargrove.com

"Inside Africa"

Through 2009, Rocky Mount
(252) 972-1167
www.rockymountnc.gov/museum

"Stars of the Pharaohs"

Through 2009, Rocky Mount
(252) 972-1167
www.rockymountnc.gov/museum

American Quilt Classics

Through Feb. 2010, Charlotte
(704) 337-2000
www.mintmuseum.org

3

Ruff'Ton Live!

With the Night Move Band
Rutherfordton
(828) 245-1492
www.rutherfordtown.com

Lil John's Mountain Music festival

Sept. 3–5, Snow Camp
(336) 376-8324
www.littlejohnsmountainmusic.com

4

Music on the Meadows

Lake Lure
(828) 245-1492

"EAS Showband" & Mark Reno

Elvis Tribute
New Bern
(252) 636-0845
www.elvistributeband.com

Littleton/Lake Gaston Festival

Sept. 4–5, Littleton
(252) 586-5959
www.littletonlakegastonfestival.org

NC Apple Festival

Sept. 4–7, Hendersonville
(828) 697-4557
www.ncapplefestival.org

Gem, Mineral & Jewelry Show

Sept. 4–7, Raleigh
(804) 746-7663
www.treasuresoftheearth.net

"All Shook Up"

Songs of Elvis, new story
Sept. 4–20, Hickory
(828) 327-3855
www.hct.org

5

Heritage Walk & Festival

Murphy
(828) 837-6821
www.cherokeeconomychamber.com

Howl-In & Barbecue

Wolfdog wolf sanctuary
Black Mountain
(828) 669-0706
www.fullmoonfarm.org

Founders Day Festival

Brevard
(828) 862-8228
www.transylvaniaheritage.org

Sharpe Store Music Gospel Jam

Bear Creek
(919) 895-0705
www.sharpestoremusic.org

Passin' Thru Bluegrass Band

Carthage
(910) 783-8810
www.heritagecampground.com

The Revolutionary War

Latta Plantation
Sept. 5–6, Huntersville
(704) 875-2312
www.lattaplantation.org

6

Beach'n Blues Festival

Roanoke Island
(877) 629-4386
www.beachnblues.com

Mile-High Kite Festival

Beech Mountain
(800) 468-5506
www.beechmntn.com

7

Auto & Motorcycle Classic

Matthews
(704) 847-3649
www.matthewschamber.com

Maritime Week

Sept. 7–12, Beaufort
(252) 728-1638
www.ncmm-friends.org

10

Taste of Black Mountain

Food, beverage samples
Black Mountain
(828) 669-2300
www.exploreblackmountain.com

"Kitchens... and Moore" tour

Tour of six homes
Pinehurst
(910) 947-3188

Chamber Music Festival

Sept. 10–19, New Bern
(252) 626-5419
www.carolinachambermusic.org

Cumberland County Fair
Sept. 10–20, Fayetteville
(910) 483-5311
www.cumberlandcountyfair.org

11

Carolina Mountains Literary Festival
Sept. 11–12, Burnsville
(828) 682-4476
www.cmlitfest.org

Big Lick Truck & Tractor Pull
Sept. 11–12, Oakboro
(704) 485-4906
www.hinsonauction.com

Flatwoods Festival
Sept. 11–12, Bennett
(336) 581-3677
<http://tricityruritan.org>

Peanut Festival
Sept. 11–12, Fountain
(252) 749-1003

Greek Festival
Sept. 11–13, Fayetteville
(910) 484-2010

12

Mountain Kidfest
Grandfather Mountain, Linville
(800) 468-7325
www.grandfather.com

And The Heat Goes On
Hot sauce contest, food, drinks, treasure
Oxford
(919) 693-1217
www.nchotsaucecontest.com

Fall for Wildflowers
Chimney Rock Park
(828) 245-1492
www.chimneyrockpark.com

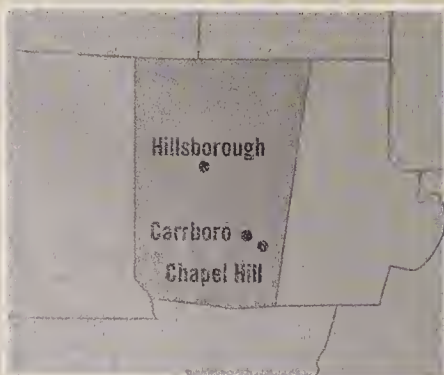
CAROLINA COUNTRY adventures

Chapel Hill/Orange County Visitors Bureau



Folks enjoy strolling through historic Carr Mill Mall in downtown Carrboro

Orange County
Piedmont EMC territory



Learn of other nearby
adventures and events:

(888) 968-2060
www.chocvb.org

With about 129,000 residents, Orange County is blessed with pastoral countryside and one of the largest concentrations of diverse restaurants, nightclubs and sports bars in the country. Progressive Chapel Hill is the county's largest city and home of the nation's first state university. Fun places to shop there include A Southern Season, a 60,000-square-foot gourmet food and kitchen accessories store. There's also Carolina Basketball Museum, which chronicles the history of Tar Heels basketball and contains nearly 500 artifacts, hundreds of photographs and videos of players, coaches and historic moments. Franklin Street, the hub of activity, has specialty wares, cutting-edge music and aromatic food. In addition to gourmet Pop American restaurants, it boasts a slew of ethnic eateries, including Tallulah's (Turkish fare) Bon Soiree (French) and Mint (high-end Indian). Don't forget to stop by the legendary Mama Dip's, which serves up soul food like fried green tomatoes and old-fashioned salmon cakes. For music, the storied Cat's Cradle is considered among the top clubs in the country. If you continue west on Franklin Street, it changes to E. Main Street and you'll be in the town of Carrboro. Its heart is Weaver Street Market, a thriving food cooperative with an inviting lawn for picnicking and occasional concerts. The old Carr Mill building, now full of eclectic stores, is behind it, and Carrboro's architectural treasures also include about 150 mill houses built in the 1910s–1930s. About 30 minutes north, Historic Hillsborough sits where the Great Indian Trading Path once crossed the Eno River. Founded in 1754, today's Hillsborough boasts a charming mix of flea market treasures, unique jewelry, fine dining and late 18th- and early 19th-century buildings. Mebane, a small town that straddles both Orange and Alamance counties, offers a Portuguese bakery and deli called Martinho's and intriguing antique stores.

Three top spots:

North Carolina Botanical Garden: The largest natural botanical garden in the Southeast, it has nearly 800 acres of preserved land with nature trails, carnivorous plant collections, aquatics, sculptures and herbs along with revolving exhibits of paintings, quilts and other media. Free guided tours of the display gardens are held Saturdays from 10 to 11 a.m. through October. Located just off U.S. Highway 15-501 in Chapel Hill. (919) 962-0522 or www.ncbg.unc.edu.

Morehead Planetarium and Science Center: Located on UNC-Chapel Hill's campus, Morehead Planetarium and Science Center is a dynamic attraction for kids and adults that offers multimedia star shows, special events and interactive science exhibits on topics ranging from space missions to the future of energy. (919) 962-1236 or www.moreheadplanetarium.org.

The ArtsCenter: This teaching and performing arts center on East Main St. in Carrboro presents jazz, folk-traditional and world music concerts, children's programs and theater performances. Its two exhibit galleries present work by local and regional artists. (919) 929-2787 or www.artscenterlive.org.

Ride to the Rock

Chimney Rock Park
(828) 245-1492
www.chimneyrockpark.com

Birthday Parade

Tri-centennial events
Beaufort, (252) 728-4771
www.beaufortbythesea300.org

Potters Market Invitational

Charlotte, (704) 366-0665
www.mintmuseum.org

Classic Car Show & Competition

Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

Pottery Fest

Wake Forest, (919) 556-7864

ItaliaFest

Wake Forest, (919) 570-0350
www.festivalpark.org

Herb Day

Charlotte
(704) 873-3361
www.geocities.com/charlotteherbguild

Railfan Weekend

Tweetsie, Blowing Rock
Sept. 12-13
(919) 277-1180
www.tweetsie.com

Open Art Studios

Sept. 12-13, Wake Forest
(919) 556-2147
www.artistsatstudiotor.com

14**Street Dance**

Lake Lure
(828) 245-1492
www.rutherfordtourism.com

Blackbeard's Pirate Festival

Sept. 16-19, Nags Head
(877) FLY-THIS
www.kittyhawk.com

15**World Stage**

Performances representing
a variety of nations
Asheboro
(336) 633-0208
www.randolph.edu

17**After Five**

The Tams perform
Fayetteville
(910) 483-5311

18**School Days at Allison Woods**

Statesville
(704) 873-5976
www.allisonwoodslivinghistory.org

Southern Randolph Country Days

Sept. 18-20, Seagrove
(336) 629-5015
www.heartofnorthcarolina.com

**Big Licks Antiques,
Tractor & Gun Show**

Sept. 18-20, Oakboro
(704) 485-4906
www.hinsonauction.com

Celebration of the Arts

Sept. 18-22, Spindale
(828) 245-1492
www.rcvag.com

19**Fall Festival**

Car show, crafts, bake-off
Youngsville
(919) 556-4026
www.youngsvillefallfestival.com

Peanut Festival

Dublin
(910) 648-2862

American Big Band

Forest City
(828) 245-1492
www.foundationshows.org

Autumn Colors Autorama

Classic car show
Hendersonville
(828) 697-7681
www.historichendersonville.org

Antique & Restored Tractor Reunion

Low Gap, Palomino Mtn. Ranch
(336) 849-0109
www.tractorsofthepast.com

Unity Festival

Christian Event
Bethel
(252) 531-5607

James Lee Stanley

Acoustic guitarist & songster
Beaufort
(252) 354-2444
www.downeastfolkarts.org

Boll Weevil Jamboree

Marshville
(704) 624-6243

Day at the Docks

Hatteras Island
(252) 986-2515
www.dayatthedocks.org

Tour de Tuck Bike Challenge

Sylva
(800) 962-1911
www.tourdetuck.com

Customer Appreciation Day

Toms Creek Farm & Nursery
Denton
(800) 626-2672

Girl Scout Day

Grandfather Mountain, Linville
(800) 468-7325
www.grandfather.com

Artists' Studio Tour

Sept. 19-20, Wake Forest
(919) 556-2147
www.artistsstudiotor.com

Flock to the Rock

Guided walks, birding
Chimney Rock Park
(828) 245-1492
www.chimneyrockpark.com

Sharpe Store Music Bluegrass Jam

Bear Creek
(919) 895-0705
www.sharpestoremusic.org

**Allison Woods Living
History & Reenactment**

Sept. 19-20, Statesville
(704) 873-5976
www.allisonwoodslivinghistory.org

**Antique Gun &
Military Antiques Show**

Sept. 19-20, Raleigh
(704) 282-1339
www.thecarolinatrader.com

20**Bridge to Bridge Bike Ride**

Lenoir to Grandfather Mountain
(828) 726-0616
www.grandfather.com

Lizzie Lane's Colonial Tea

Raleigh
(919) 833-3431
www.joellane.org

Farm City Celebration

Monroe
(704) 283-3742

25**Arts Councils' Fourth Friday**

Fayetteville
(910) 483-5311
www.theartscouncil.org

Quilt Show

Sept. 25-26, Lincolnton
(704) 806-2335
www.ncpiecemakers.org

Antiques Festival

Sept. 25-26, Liberty
(336) 622-3040
www.libertyantiquesfestival.com

Big Lick ATV Drag Races

Sept. 25-26, Oakboro
(704) 485-4906
www.hinsonauction.com

Golf for Tomorrow

Sept. 25-26, Cherry Point
(252) 447-1101
www.havelockchamber.org

Folk Festival

Sept. 25-27, Fayetteville
(910) 483-5311
www.theartscouncil.org

26**Old Timey Day**

Hendersonville
(828) 692-8012
www.historichendersonville.org

UnitedRide Motorcycle Event

Lexington
(336) 248-7311
www.unitedride.org

Yadkin Valley Pumpkin Festival

Elkin
(336) 526-1111
www.yadkinvalley.org

Bright Leaf Hoedown

Yanceyville
(336) 694-6106
www.caswellchamber.com

"Storytelling Around the Campfire"

Hendersonville
(828) 891-6585
www.historicjohnsonfarm.org

Irish Fest

Wake Forest
(919) 488-5083
www.gjcae.org

Antique Car, Tractor & Bike Show

Liberty
(336) 622-4937

Mountain Heritage Day

Cullowhee
(828) 227-7129
www.wcu.edu/12743.asp

Celebration of the ARTS

Hiddenite
(828) 632-6966
www.hiddenitecenter.com

ArtFest of Matthews

Matthews
(704) 847-3649
www.matthewschamber.com

Numismatic Coin Show

Sept. 26-27, Morehead City
(252) 725-1214
www.carteretns.com/main.html

29**Special Exhibit: Sorrow is Sacred**

Poe House, Fayetteville
(910) 483-5311
http://museumofthecapefear.ncdcr.gov

**Listing
Information****Deadlines:**

For Nov.: Sep. 24

For Dec.: Oct. 24

Submit Listings Online:

Visit www.carolinacountry.com and
click "See NC" to add your event to
the magazine and/or our Web site. Or
e-mail events@carolinacountry.com

Looking at the benefits of LEED-certified homes

People have been asking what is a LEED house and is it energy efficient. LEED is a certification procedure developed by the U.S. Green Building Council (USGBC) to promote environmentally responsible and sustainable housing. LEED stands for Leadership in Energy and Environmental Design. LEED-certified houses are not only efficient from energy and material standpoints, but they can be healthier to live in.

Other benefits of a LEED house are lower overall operating costs and increased value of the house at time of resale. During construction, waste is reused or recycled to reduce the amount sent to landfills. By design, the houses conserve water and reduce greenhouse gas emissions. And from a social standpoint, building a LEED house demonstrates the owner's interest in environmental issues.

LEED-certified homes do generally cost more upfront than a comparable house built to typical building codes. But when you consider the energy and water savings, the benefits of certification will quickly make up for its higher initial cost, even though in North Carolina there are no tax incentives for LEED-certified homes per se, except for systems that may be used in them, such as solar water heating or ground-source heat pumps.

To build a LEED house, you or your builder must apply for certification through the U.S. Green Building Council. The registration fee for a single family house is about \$150 to \$225. You must be able to verify the types of materials, equipment and appliances used throughout the new house. It would help to select a contractor who has built LEED-certified houses before.

You will also have to find a certified inspector to visit your house during construction to determine the total number of points you get towards certification. A house is given points for various material and conservation criteria—something as simple as using decking screws and fasteners made partially from recycled metals may gain a LEED point. For a residential house, there are a



The house's walls were wrapped with an air barrier film to reduce air infiltration (leakage) significantly. The blue-hued wood has been treated for water, mold, and pest resistance.

total 108 possible points. If a house reaches 30 points, it is a LEED-certified house. At 50 points, it is certified "silver"; at 70 points it is "gold"; and at 90 points it is "platinum."

Energy efficiency features gain the most LEED points (a maximum of 16). These features must be extremely energy efficient, not just what the manufacturers call their "energy efficient" product line. For example, extra heavy insulation—higher than code standards—earns one point. Reducing air leakage from 0.35 air changes per hour (ACH) to 0.15 yields two points. Installing windows that are 20 percent more efficient than Energy Star requirements provides two points.

Regarding water conservation, the following yield one point each: capturing rainwater for irrigation; installing a gray water recycling system; and installing low-flow showerheads, toilets and bathroom faucets. Two points may be awarded for super-efficient fixtures. Many items that gain LEED points seem pretty typical today, such as installing compact fluorescent bulbs in 80 percent of the light fixtures (one point).

Contrary to what some believe, it is not extremely difficult to build a LEED house. For example, Deltec Homes (www.deltechomes.com), a maker of build-it-yourself circular panelized houses, recently earned a platinum certification for a house built in New Orleans. This circular house looks similar to their other standard houses that people typically build, and it was built in about 100 hours.

For more information about LEED-certified homes, including project registration guidelines and a full list of those providing technical, marketing and verification support to builders, visit www.usgbc.org.

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

Have a question for Jim?

Send inquiries to:
James Dulley, Carolina Country,
6906 Royalgreen Dr.,
Cincinnati, OH 45244
www.dulley.com



This super-efficient LEED house in New Orleans was built in only about 100 hours.

Business Opportunities

NEW! GRDW EXPENSIVE PLANTS, 2000% Profit, Earn to \$50,000, Free Information Growbiz, Box 3738-NC9, Cookeville, TN 38502—www.growbiz-abco.com

WATKINS SINCE 1868. Top Ten Home Business. 350 products everyone uses. Free catalog packet. 1-800-352-5213.

Vacation Rental

VACATION CABIN in the mountains of Western North Carolina. Real chink logs, jacuzzi, fireplace and covered porch. No smoking. No pets. 828-627-6037. www.treasurecovecabins.com

BEACH HOUSE, Cherry Grove, SC. 4BR/2B, sleeps 14. 828-478-3208. Request photos: bnagel36@charter.net

PIGEON FORGE, TN. CONDO RENTAL. Fully furnished with two bedrooms, two bathrooms, kitchen, living room, hot tub. Call 336-657-3025 or www.scenicvalleyproperties.com

VACATION AT OUR PRIVATELY OWNED MOUNTAIN GETAWAYS overlooking the pristine waters of Helton Creek. Located in the Blue Ridge Mtns. on the NC/VA border (Ashe County/Grayson County). Private hot tubs! Browse our photo gallery to choose one of our custom-built Creekside Cabins. 800-238-8733 www.highmountaincabins.com

EMERALD ISLE, NC Oceanfront Beach house—4BR/3BA, sleeps 8. BOOK NOW—for 2010 season and Save!! Saturday to Saturday rental 252-943-1011.

CHERRY GROVE CHANNEL HOUSE. 4BR/3.5BA. 919-542-8146. Very nice, weekly/weekend.

COTTAGE GET-A-WAY in NC foothills near Hanging Rock and Pilot Mountain. Sleeps 4, pets allowed, no smoking. Call 336-351-3286 or www.horseshoefarmcottage.com

SMDKY MOUNTAIN LDG CABINS, Pigeon Forge, TN. 251-649-3344 or 251-649-4049—www.hideaway-prop.com

LOG CABIN IN MOUNTAINS of Ashe County, NC. Daily or weekly rental. www.carsonlogcabin.netfirms.com 336-982-2463.

MYRTLE BEACH, DCEAN LAKES CAMPGROUND. 2BR, 1BA house sleeps 6. \$800/week, 336-956-4405.

ATLANTIC BEACH OCEANFRONT, Breathtaking view. 1/BR/1½BA, \$75/nightly. 816-931-3366.

NC MOUNTAIN LDG CABINS BY RIVER. Hiking, swimming, fireplaces, covered porches w/views. Convenient to many activities. Pet friendly. 1-888-648-6373. www.rivermont.com

BEST BID VACATION RENTALS. Homeowners and rental agencies fill those empty times on your rental calendar!! Vacationers get the best deals on accommodations! www.bestbidvacationrentals.com

EMERALD ISLE CAMP DCEAN FDEEST Campground. Camping next to the ocean. Call 252-354-3454 for reservations or www.campoceanforest.com

Real Estate

HDMES FRDM \$10,000! Bankruptcies, Foreclosures & HUD's! 1-3 bedrooms! For listings 800-749-8106, ext. 1072.

AFFORDABLE HOMES \$199/month! 1-4 bedrooms available 4% down, 30 years at 8% APR. For listings 800-749-8106 ext. S519.

OAK ISLAND, NC and the Brunswick County coast. Furman Melton-Broker, 910-520-8509 or www.furmanmelton.com

Gold Maps

FUN, HOW TO PAN. Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595. WWW.GOLDMAPS.COM

For Sale

BAPTISTRY PAINTINGS—JORDAN RIVER SCENES. Custom Painted. Christian Arts, Goldsboro, NC 1-919-736-4166. www.christian-artworks.com

CHURCH FURNITURE—Best Prices! Pulpit Sets—\$1995. Church Chairs from \$33. Padded Pews, Stained Glass, Minister Chairs, etc. 1-800-639-7397 www.ChurchFurnitureStore.com

OUTSIDE WOOD HEATER—\$1545.00—houses, mobiles, shops. www.heatbywood.com 417-581-7755, Missouri.

REPOS! CARS/TRUCKS/SUV'S from \$500! For listings 800-749-8104 ext. N470.

\$500! POLICE IMPDUNDS! Hondas/Chevys/Jeeps, etc. Cars from \$500! For listings 800-749-8104 x 2798.

WORK CLOTHES—Good clean—6 pants and 6 shirts to match \$39.95, Men's denim jeans 5 pair/\$25.00, Lined work jackets, \$9.95. 1-800-233-1853. www.usedworkclothing.com

CAST IRDN BUCK STOVE MODEL 27DDD. Blower, glass doors. In storage Foscoe, NC. 910-540-8194.

ALL-NATURAL, SAFE, EFFECTIVE ANTISEPTIC prevents infection from minor cuts, scrapes, burns, blisters, skin irritation, bug bites. "Pinee" is pure pine oil from longleaf pine. Trusted for more than 80 years. Livestock preparation available. Triple Creek Farm, Pink Hill, NC. 252-568-3602.

"CAROLINA COUNTRY REFLECTIONS." More than 200 photographs showing life in rural North Carolina before 1970. Each picture has a story that goes with it. Hardcover, coffee table book, 160 pages. Only \$35 (includes tax and shipping). Order online www.carolinacountry.com or call 919-875-3091.

Miscellaneous

SUSPENDERS WITH PATENTED "No-Slip Clip". Free Catalog 800-700-4515—www.suspenders.com

PLAY GOSPEL SONGS BY EAR! 10 lessons \$12.95. "Learn Gospel Music." Chording, runs, fills—\$12.95. Both \$24. Davidsons, 6727C Metcalf, Shawnee Mission, Kansas 66204.

I BUY DODGE/PLYMOUTH MUSCLE CARS. 1966-1972, Roadrunners, GTX, Challengers and Cudas. 336-366-7233.

DIVORCE MADE EASY. Uncontested. Lost spouse, in prison, or aliens call 10 a.m.—10 p.m. \$99.95 + S/H. 26 years experience (417) 443-6511. Clip & Save.

BRONZED SHOES FSK, 1428 Pipers Gap Road, Mount Airy, NC 27030. 336-786-1820.

BLUEGRASS MUSIC! Free catalog. 1-800-473-7773 or www.musicshed.com

SAWMILLS AND BAND BLADES. Mills starting at \$3195.00! We have 1" to 2" blades. Call: 800-473-4804, Cook's Saw Mfg. www.cookssaw.com

SOON THE "MARK OF THE BEAST" will be enforced as Church and State unite! Let the Bible reveal. FREE BOOKS/DVDS. The Bible Says P.O.B. 99 Lenoir City, TN 37771 thebiblesaystruth@yahoo.com 1-888-211-1715.

WE PAY CASH FOR OLD CLOTHING from 1920s, 1930s, 1940s and 1950s. 1-866-625-1243 ext. 1 or 919-672-9038.

WWW.LDWMILEAGEENGINES.COM Call today 800-709-9233. Save up to 60%!

The N.C. Association of Electric Cooperatives and its member cooperatives do not necessarily endorse the services and products advertised. Readers are advised to understand fully any agreement or purchase they make.

Steel Building Sale

Factory Direct Lowest Prices For Any Size Building

Full Customer Service • "We Erect and Do Foundations"
Visit our website at www.tatumsteel.com for complete information

For Free Quotes 1-800-869-0532

or e-mail: buildings@tatumsteel.com



TATUM STEEL BUILDINGS CORP.



LAWN TRACTOR LEAF BAG

\$49.95
+ S & H

"Bagging with your tractor, not your back!"

www.LawnTractorLeafBag.com • 877-530-9084



VA. CAROLINA BUILDINGS, INC.

Amish-built pole-barn buildings
your plans or ours

1.800.893.1242

www.vacarolinabuildings.com



Grilled Bacon-Onion Appetizers

- 2 large sweet onions
- 12 hickory-smoked bacon strips
- ½ cup packed brown sugar
- ½ cup balsamic vinegar
- ¼ cup molasses
- 2 tablespoons barbecue sauce

Cut each onion into 12 wedges. Cut bacon strips in half widthwise; wrap a piece of bacon around each onion wedge and secure with toothpicks. Place in an ungreased 13-by-9-inch dish.

In a small bowl, combine the brown sugar, vinegar, molasses and barbecue sauce; pour ½ cup over onions. Cover and refrigerate for 1 hour, turning once. Cover and refrigerate remaining marinade for basting.

Drain and discard marinade. Grill onions, covered, over medium heat for 10–15 minutes, turning and basting frequently with reserved marinade.

Yield: 2 dozen

Grilled Potato Skins

- 2 large baking potatoes
- 2 tablespoons butter, melted
- 2 teaspoons minced fresh rosemary or ½ teaspoon dried rosemary, crushed
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 cup (4 ounces) shredded cheddar cheese
- 3 bacon strips, cooked and crumbled
- 2 green onions, chopped
- Sour cream

Cut each potato lengthwise into four wedges. Cut away the white portion, leaving ¼ inches on the potato skins. Place skins on a microwave safe plate. Microwave, uncovered, on high for 8–10 minutes or until tender. Combine the butter, rosemary, salt and pepper; brush over both sides of potato skins.

Grill the potatoes, skin side up, uncovered, over direct medium heat for 2–3 minutes or until lightly browned. Turn the potatoes and position over indirect heat; grill 2 minutes longer. Top with the cheese. Cover and grill 2–3 minutes or until cheese is melted. Sprinkle with the bacon and onions. Serve with the sour cream.

Yield: 8 appetizers



Teriyaki Beef Kabobs

- ¼ cup vegetable oil
- ¼ cup orange juice
- ¼ cup soy sauce
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1¾ pounds beef tenderloins, cut into 1-inch cubes
- ¾ pound cherry tomatoes
- ½ pound fresh whole mushrooms
- 2 large green peppers, cubed
- 1 large red onion, cut into wedges
- Hot cooked rice, optional

In a resealable plastic bag or shallow glass container, combine the first five ingredients and mix well. Reserve ½ cup for basting and refrigerate. Add beef to remaining marinade; turn to coat. Seal bag or cover container; refrigerate for 1 hour, turning occasionally. Drain and discard the marinade.

On metal or soaked wooden skewers, alternate beef, tomatoes, mushrooms, green peppers and onions. Grill, uncovered, over medium heat for 3 minutes on each side. Baste with reserved marinade. Continue turning and basting for 8–10 minutes or until meat reaches desired doneness. Serve meat and vegetables over rice if desired.

Yield: 6–8 servings



Winning reader recipe

Milky Way Ice Cream

- 8 Milky Way bars
- 2 cups whole milk
- 2 large cans (12 ounces) evaporated milk
- 1½ cups sugar
- 2 teaspoons vanilla flavoring

Cut the Milky Way bars into pieces and melt them on the stove in the 2 cups of whole milk. Mix together the other ingredients in a large bowl and add the Milky Way mixture when it has cooled. Pour in ice cream colander and finish filling with evaporated milk to the fill line of your freezer. Freeze.

*Barbara Fuller
of Wake Electric will receive
\$25 for submitting this recipe.*

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com

Recipes are by Taste of Home magazine. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com.



Find more than 500 recipes
at www.carolinacountry.com



AUTHORIZED RETAILER

**LIMITED TIME
OFFER**

REGULAR
PRICE

~~\$34.99~~

OVER
120
ALL DIGITAL
CHANNELS

\$19.99
A Month
FOR 12 MONTHS

OVER
50
HD CHANNELS
FREE

★ **LOCK IN YOUR SAVINGS FOR A YEAR**

FREE

HBO

8 Channels for 3 mo.

SHOWTIME

10 Channels for 3 mo.

cinemax

5 Channels

**One YEAR
One CENT**

FREE

(4) ROOM
INSTALLATION

- No Equipment to buy
- Installation within 24 hours in most areas



FREE UPGRADE TO DUAL HD-DVR

- Record 2 Different Shows on 2 Different TV's
- Pause and Rewind Live TV
- Skip Recorded Commercials



Best HD-DVR Available

Call Today to Receive Your Gift

1.877.244.7081

Se Habla Español

www.infinityDISH.com

Open 7 days a week Monday - Saturday 8:00 am - 12 Midnight EST
Sunday 10:00 am - 10 pm EST • Offer only good to new DISH subscribers



MP3 Player



DVD Player



Digital Camera



\$500 Cash Rewards Card



Speaker System

Examples of gifts are subject to change. Visit www.infinitydish.com/gifts for a complete list of gifts. Certain restrictions apply see disclaimer for details.

Digital Home Advantage offer requires 24-month commitment and credit qualification. If service is terminated before the end of commitment, a cancellation fee of \$15/month remaining will apply. Programming credits will apply during the first 12 months. All equipment is leased and must be returned to DISH Network upon cancellation or unreturned equipment fees apply. Limit 4 leased tuners per account; lease upgrade fees will apply for select receivers; monthly fees may apply based on type and number of receivers. HD programming requires HD television. All prices, packages and programming subject to change without notice. Local channels only available in certain areas. Offer is subject to the terms of applicable Promotional and Residential Customer Agreements. Additional restrictions and fees may apply. First-time DISH Network customers only. Offer ends 1/31/10. HBO/Showtime: Programming credits will apply during the first 3 months. Customer must downgrade or then-current price will apply. Cinemax: Requires enrollment in AutoPay with Paperless Billing. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME and related marks are trademarks of Showtime Networks Inc., a CBS company. InfinityDISH charges a one-time \$49.95 non-refundable processing fee. Gift with purchase requires enrollment in Classic Silver 200 DDA and AutoPay. Shipping and/or handling fee is required to be paid for redemption. Gift with purchase is provided courtesy of InfinityDISH. Please visit www.InfinityDish.com/gifts for terms, conditions and privacy policy.

Remember This Day Forever...



*I will never forget my
granddaughter's graduation.*

It was such a special day for both of us. Now, thanks to a new insurance policy called *Forever Remembered*, my granddaughter will receive a check from me on the anniversary of her graduation for many years to come. I want her to remember our wonderful day together and my unwavering love for her.

FOREVER
Remembered
The gift of a special memory.

Underwritten by Standard Life and Casualty Ins. Co.
Policy Forms 4-790(03) and 4-790(92)

Clip and mail coupon today!

Special moments with a loved one can now be remembered forever. Send a yearly monetary gift with our new, low-cost insurance plan. Mail this coupon to receive full details without obligation.

Or Call 1-800-489-6249 ext. 116

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

CC09/09

Mail coupon to: Forever Remembered, 3700 Forest Drive, Suite 205, Columbia, SC 29204